

THE TREASURY OF Hidden Secrets,

Commonly called,
The Good Husbands Closet of provision,
for the health of her Household.

Gathered out of sundry experiments, lately
practised by men of great knowledge: And now newly
enlarged with divers necessary Physick helps, and knowledge
of the names and disposition of diseases, that most commonly
happen to Men and Women.

Not impertinent for every good Housewife to use in her
House, amongst her own Family.



L O N D O N

Printed by Iohn Fols, and are to be sold at the
Head of Christ Church, 1653.

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To all Women that love and professe
the practice of good huswifery, as well
Wives as Maides.

Courteous Gentlewomen, honest Matrons, and vertuous Virgins, I did not long ago print (in my opinion) a very necessary Book of Cookery, and bequeathed it unto you; called, The Good huswives hand-maid for the Kitchin; and perceiving no less, but that it was acceptable among many of you, I have lately reprinted the same; and for that this Booke, called, The good huswives Closet, of necessary provision for the health of her Household, containing, The manner as well to make all kind of Conserves and Sirrops, and Sugar-paste for banquetting dishes, Succade, Marmalade and Marchpane, divers sweet distilled waters of great vertue, fine Powders for Presses, and Chests, with woollen and linnen Clothes, and Furies, to keep them from moth-eating; and many precious Oyles of sundry operations and effects: as also necessary directions for preparation of good and wholesome Kitchin Physick, in making good Medicines, wholesome Drinckes, and other comfortable things, to helpe and cherish the sick and weake in your house, hath likewise bene printed by me aforetime; I thought good now to advertize you, that I have conferred them both together, and in examining them, found some things in the one, more pertinent unto the other; and some things in the one that was likewise in the other, and therefore needlesse that the selfe-same things should be in both, I have therefore placed each thing that before was out of order, in his due and convenient place, and do commend both unto your protection:

The Epistle Dedicatorie.

tection : the one for your Kitchen, and this other ready helpe, al-
waies at hand as a Storehouse, or Treasury of many profitable se-
crets, and unknown conceits to be used as occasion shall require.
First, Printed at the request of a Lady of great calling, and now
augmented with some rare conceits not before published : How
good soever they be, yours they be : and my selfe at your com-
mand, to publish any thing that may be to your good liking, and
to amend what otherwise shall prove to your discontentment.

I. W. Printer.

The Author of these Secrets to this Book.

*Upon occasion that a Lady of Honourable re-
gard, having seene this Booke in writing, earnestly
requested, or rather commanded to have a copy of
the same.*

GOe little Booke of profit and pleasance,
To my Honourable Lady without delay :
Shew her I send thee for performance.
Of her request, sith she would have no nay :
Yea, say, her command of me hath obtained
Thee : that no gold nor good could have gained.

The

The Treasury or Closet of hidden Secrets.

CHAP. I.

To make a Marchpane.

The halfe a pound of blanched Almonds, and of white Sugar a quarter of a pound, of Rose water halfe an ounce, and of Damaske water as much: beat the Almonds with a little of the same water, and grind them till they be small: set them on a few coales of fire till they wax thicke, then beat them againe with sugar fine: then mixe the sweet waters and them together, and so gather them, and fashion your Marchpane: then take wafer-cakes of the broadest making, cut them square, paste them together with a little liquor, and when you have made them as broad as will serue your purpose, have ready made a booke of a greene bezell band, of the thickness of halfe an inch, on the inner side smooth, without any knags: lase this booke upon your wafer-cakes aforesaid, and then fill your booke with the gearre aboue-named, the same dyden smooth aboue with the back of a silber spone, as ye doe a Tart, and cut away all the parts of the cakes, eben close by the out-side of the booke with a sharpe knife, that it may be round: then bading white paper underneath it, set it upon a warme hearth, or upon an instrument of Iron or brasse made for the same purpose, or into an Oven, after the bread is taken out, so it be not stopped: it may not bake, but onely be hard and thorowly dried, and ye may, while it is moist, sticke it full of Cornets of sundrie colours in a comely order, ye may moist it over with Rose-water and Sugar together: make it smooth, and set it into the Oven or other Instrument, the clearer it is like a Lanterne bozne, so much the more commended. If it be thoroughly dried & kept in a drie and warme aire, a Marchpane will last many yeares. It is a comfortable meat, meete for weakē folkes, such as have lost the taste of meats by much and long sickness. The greatest secret that is in making this clere, is with a little fine stoz of Rice, Rose-water, and sugar beaten together, and laid thin over the Marchpane ere it goe to drying. This will make it shine like Ice, as Ladies report.

To gild a Marchpane, or any other kinde of Tart. chap. 2.

Take and cut your leafe of gold, as it lyeth upon the book into square peeces like dice, and with a Conies talle end moistned a little, take the

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gold by the one corner, lay it on the place, being first made moist. and with another taile of a Conis dyel, presse the gold do downs close. And if you will have the forme of an Hart, or the name of Iesus, or any other strange thing whatsoeuer, cut the same through a piece of paper, and lase the paper upon your Marchpane, and Hart: then make the hoid place of the paper moist with Rose-water, lay on your gold, presse it do downs, take off your paper, and there remaineth behind in gold, the print cut in the said paper.

To bake Quinces, chap. 3.

Ware them, take out the coare, parboile them in water till they be tender: let the water run from them till they bedrie: Then put in ebery coffin one Quince, in it a good quantittie of marra. Also take Sugar, Cinnamon, and a little Ginger, and fill the Coffin therewith, close it, let it bake an houre, and so serbe it.

To keep Quinces unpared all the year. chap. 4.

Take ripe Quinces, and at the great end cut out a stimple, then take out the coare cleane, and stop the hole againe with the same stopple (but pare them not) and perboile them a litle, take them up, and let the water draine from them, then put all the coares, and some of the smallest Quinces in litle pieces also cut, into the water wherein all the Quinces were parboiled, and let them seeth till the liquoz be as thick as molten size that Painters occupie, then take it from the fire, and let it coole: in the meane season couch your cold Quinces in a barrell, or in an earthen pot, the great end downward, (if the stopple be out, it makes no matter) and one upon another. Then put the liquoz in: that it be an handfull ober and aboue them: cober them close, and after 4. or 5. daies looke to them, and when you see the liquoz sunke do downs, put in more of the same, which you purposely kept to cober them, as before: then lay a boord upon them, and a stone, that they rise not, and cober the vessell close with a thick cloth folded, that it take no aire, so let them remaine. And when ye intend to occupie some of them, uncover the vessell, and ye shall find a creamie cobering the whole liquoz, beate it in the middell. turne it ober with your hand, then take out your fruit in order, beginning in the midst first, then by the sides, so that you remove none, if it may be, but those that they take away, and ebery time you beate the creamie, turne it ober again into his place, for you must know, that the creamie keepeth out the aire, and keepeth in the strength of the sirrop, therefore it maketh much to the conservation

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tion of the fruit to save it, and also to see the bestell close covered. Also when you will bake your Quinces, wash them well and cleane in warm water, and bake them as befoze is written.

To make Vineger of Roses.

In Summer time when Roses blow, gather them, ere they be full spread of blowes out, and in drie weather, pluck the leaves, let them lie halfe a day upon a faire boord, then have a bestell with Vineger of one or two gallons (if you will make so much Koser:) put therein a great quantitie of the said leaves, stop the bestell close after that ye have stirred them well together: let it stand a day and a night, then divide your Vineger and Rose-leaves together in two parts, put them in two great Glasses, and put in Rose-leaves enough: stop the glasses close, set them upon a shelve under a wall side on the South side without your house, where the Sunne may come to them the most part of the day; let them stand there all the whole Summer long, and then straine the Vineger from the Roses, and keepe the leaves, and put in new leaves of halfe a daze gathering, the Vineger will have the more odour of the Rose.

You may use in stead of Vineger, Wine, that it may be sager, and receive the virtue of the Roses both at once.

Moreover, you may make your Vineger of white, Red, or Claret: but the Red doth most binde the belly, and the white doth most loose.

Also, the Damaske Rose is not so great a binder as the red Rose, and the white looseth most of all: Hereof you may make Vineger aser.

Thus also you may make Vineger of Violets, or of Elderne flowers; but you must first gather and use your flowers of Elderne, as shall be shewed hereafter, when we speake of making conserve of Elderne flowers.

To make Paste of Sugar, whereof may be made all manner of fruits and other fine things with their forme: as Platters, Dishes, Glasses, Cups, and such like things, wherewith you may furnish a Table, and when you have done, you may eat them up. A pleasant conceit for them that sit at the Table. chap. 6.

Take Gum Dragant, as much as you will, and steep it in Rose-water, until it be mollified, and for foure ounces of Sugar, take of it
the

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the bignesse of a beane, the succ of Lemons, a Walnut shell full, and a little of the white of an Egge: but you must first take the Gum, and beat it so much with a pestle in a mortar of white marble, or brasse, untill it become like water, then put to it the succ with the white of the Egge, incorporated well together. This done, take four ounces of fine white Sugar well beaten to powder, and cast it into the mortar by little and little, untill it be turned into the forme of paste: then take it out of the said Mortar, and beat it upon the powder of sugar, as it were meale or floaze, untill all be like paste, to the end you may tune it, and fashion it, which way you will: when you have brought your paste to this forme, spread it abroad with Cinamon upon great or small leaves, as you shall thinke it good, and so shall you forme and make what things you will, as is aforesaid, with such fine conceits as many serbe at table, taking heed that there stand no hot thing nigh unto it. At the end of the banquet they may breake all, and eat the Platters, Dishes, Glasses, Cups, and such like: for this paste is delicate and savourous. If you will make a thing of more fineness then this, make a Tart of Almonds, stamped white Sugar and Rose-water of like sort that Marchpanes be made of: this shall you late betwene two pieces of such vessels, or fruits, or some other thing, as you shall thinke good.

To make Orange Comfits. Chap. 7.

Take Orange pillings, lase them in faire water a day and night, then sceth them in white wine: then take them out of the wine, and put them in an earthen pot, and put therein Sugar, Cinamon, Cloves, and Mace whole, and sceth them together without any other liqour, and so it is made.

To make fine blanch powder for roasted Quinces. chap. 8.

Take fine Sugar halfe a pound, beaten in a hot mortar to fine powder, of white Ginger pared halfe an ounce, of chosen Cinamon a quarter of an ounce, beaten readie to fine powder, mixe them well together, and if you will have it most excellent, cast two spoonfull of Rose or Damashe water in beating of the Sugar.

To preserve Quinces in sirrop, condite, alway readie to be served in whole, in quarters. chap. 9.

After your Quinces are coared and pared, sceth them till they be tender and soft: then lase them out till they be cold, in the meane

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time, take of the same liquor two quarts or more, (according to the number of your Quinces which ye will keep) & put therein the coares and some others small pieces, scethe them in the liquor, to make the sirrop strong: Straine them, and put into the liquor, being two or thre quartes, one pint of Rose water, and for every quart of liquor one pint of Rose water, and for every quart of liquor, one halfe pound of Sugar, sceth them again together on a soft fire of coales till the Sugar be incorporated with the liquor, then put in your Quinces, let them sceth softly till you perceibe that your sirrop is as thicke as lixe Honey, then let them to coole, and take them out, lay them in a Tray or Platter till they be cold: then take one ounce of liquied Cinamon, and some whole Cloves, put them with some of the Cinamon into the sirrop, and when it is cold, lay a lard of Quinces in your glasse (called a gasterin glasse) or in an earthen pot well glazed: then strew a litle of your Cinamon upon your Quinces, then poure some sirrop, lay on another lard of Quinces, and againe of your spice and sirrop, and so forth, till you have done, and cover them two fingers ober with sirrop aboue, cover them close: and within thre or foure dayes looke to them: and when you finde the sirrop thickenen down, put in more, and so refresh them. These are to be served in with sirrop. See that the Quinces be tenderly sodden, and the sirrop thicke and strong enough.

Plummes conduct in sirrop. chap. 10.

Take half a pound of Sugar, half a pint of Rose water, and a pint of faire raine water, or of some other distilled water, sceth the Sugar, and the two waters upon a soft fire of coales till the one halfe be consumed: then take it from the fire, and when it leaseth boiling, put therein halfe a pound of ripe Damascins, or other Plums, and set it againe on the embers, and keepe it in like heat, till the Plums be soft by the space of an houre, if need be: then put in some Cloves bruised, and when it is cold, keepe it in a Glasse, or in an earthen Gallipot: the stronger the sirrop is with Sugar, the better it will continue. Some put into the sirrop Cinamon, Saunders, Nutmegs, Cloves, and a litle Ginger, sceth them not hastily, for feare of much breaking.

To make Walnuts of sirrop. chap. 11.

Take your Pluts ten dayes before Midsummer day, lay them in water, and change them morning and evening, till nine or ten dayes be past, then pare off as thin as ye can the utter rinde, but the very

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ground of them, and seeth them in such sirrop as ye do Oranges, and when it is sodden, ye must keep them in a new sirrop of the same making, or else make a sirrop to seeth them in of clarified honny, take rathe water, for lacke of that, take other water, take three times as much water as ye do honny, and seeth it long and softly, then as the chimney doth rise, take it off, and so let it seeth till it be cleane scummed, and assay it upon your noile; if it tarry there, it is thick enough, else not; there is all, and seeth your Juices therein, and put them in a sirrop of Sugar.

To make Marmalad of Quinces. chap. 12.

After that your Quinces are sodden, ready to be kept condite as befoze in the chapter is writtten, then with some of your liquoz wherein they were sodden (but without any spice) beat them, and drabe them as ye would a Tart: Then put some ober the fire, and seeth them softly, and in seething, strewe by little and little of powder of Sugar, the weight of the Quinces or more, as your taste shall tell you. Stirre it continuallie, put thereto some pure Rose-water, or Damaske water, let it seeth on height till it be well banding, which thing ye may know, by taking some of it upon a cold knife, and let it cole: if it be stiffe, then take it off, and boy it while it is warme. and set it in a hearne and dris aire: if you will glid your Marmalade, do as afoze is spoken of a Marchpand.

The best making of Marmalade, is when the Quinces have laine long, and are thorough ripe, and very yellow, as in Lent season.

And for as much as Quinces are binding, and therefore not good for some sicke folks collie: it is necessary to put a good many of ripe Apples of good verdure, as Kenet, Pippin, Larding, Kusserting, Pommerell, Rex Pomorum, or any other Apple that is pleasant, rathe among them, being first drabed from a Tart, and then sodden among the other matter of Quinces. Thus shall you make your Marmalade somewhat souper, and also increase the quantity and vertue of the same, especially if it be well dashed with sweet water.

To make Marmalade of Damasins or Prunes. chap. 13.

Take Damasins which are ripe, boyle them on the fire with a little fake water, untill they be soft: then drabe them throught a coarse boulder, as ye make a Tart, set on the fire againe, seeth it on height with sufficient Sugar as you doe your Quinces, dash it with sweet water, &c. and boy it.

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If your will make it of Prunes, doe likewise put some Apples to it as you did to your Quinces. This wine you may make Parmelade of ~~W~~ Gardens Peares, Apples, and Medlers, Corbise, Cherries, or Strawberries, ebery one by himselfe, or else mix it together as you thinke good.

To make Succade of peeles of Orenge or
Limeons. chap. 14.

First, take off your peeles by quarters, and sceth them in faire water, from thye quarts to thye pints: then take them out, and put to as much more water, and sceth them likewise, and do so againe, till the water wherein they are sodden. haue no bitterness at all of the peeles, then are they ready. Now prepare a Sirrop as ye doe for Quinces condict in the Sirrop, in the ninth Chapter before written, sceth them in a glasse oz pot.

To make Greene Ginger. chap. 15.

Take the rases of cased Ginger of the fairest, and use them as followeth: Lay abroad lene of faire sand upon a faire stoege on the ground, halfe a foot thicke, then lay your rases of Ginger upon the sand in order, cover the Ginger with more sand, four oz five inches thicke, sozible the sand ober with faire water twice ebery day, that it may be moist, thus daily doe till ye shall perceiue your rases to be soft. Then take up your rases, wash them, and scrape them cleane, haue a Sirrop ready made, as is aboue said, sceth them in it till they be well seasoned: take them up, and with some of the Sirrop cast them oz put them into a pot of stone.

To make Manus Christi. chap. 16.

Take halfe a pound of fine white Sugar, put thereto foure ounces of Rosewater, sceth them upon a soft fire of coals, till the water be consumed, and the Sugar is become hard: then put therein a quarter of an ounce of the powder of Pearles, stirre them together, put for ebery sconsull a piece of a leafe of gold cut of purpose, cast them upon a leafe of white paper, being first enotuted with sweet Butter for cleaving to.

To make Aqua Composita. chap. 17.

Take 4. gallons of the best Ale, drabone from the Peast 24. houres after it hath stood tuned, and put it into a close vessell, wherein you shall put these herbs following, and four ounces of Liquoris scropps and bzuised in a mortar, and so much Annised well gardled, then stir them together twice a day for the space of thye daies, and let them stand 24. houres after: then put them into the stilling pot, and (if you please)

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you may also put in the leas of *Palmetop* or *Sacke*, or any other distilled waters, but fill not your pot too full, then set on your Limbeck, and close it fast to the part, and keepe a soft fire under it. These are the herbs to b their qualities.

Flap, *Lime*, *Rosemary*, *Sage*, *Parsley*, *Bozage*, *Longebace*, red *Fernell*, *Sorell*, *Parts-tongue*, *Bay-leaves*, *Buglosse*, *Scabtas*, *Marigold*, *Cockmarj*, *Kibwozt*, *Sentozj*, *Libertwozt*, *Fumitozj*, of each a handfull.

Parjerum gentle, *Basill*, *Wints*, *Champane*, *Woodbinde*, *Patience*, *Ualerian*, *Endibe*, *Wozmeewood*, *Pentropall*, *Cammomill*, of each haife a handfull.

To make Aqua vitæ. chap. 18.

Take four gallons of strong Ale or Wine lees, and put them in a bestell, and coker it well: then put to it thre or foure handfull of *Rosemary*, *Pentropall*, *Libertwozt*, *Parts-tongue*, or any other good herba, and stire them together twice or thrice a day, for the space of foure dayes: then put them in a brasse pot, and still with a temperate fire, for else you burne your pot and lose your Aqua vitæ, which will sinke and looke red: Also looke you keepe your water in a temper, and when it is very hot let it out, and put in cold water againe into the upper part of the Limbeck, and so change your water as it waxeth hot.

Take a spoonfull from under the scout, and light it with a paper, and if it burne cleane out, it is good, else not.

How to make divers necessary Oyles of grea: vertue. chap. 19.

Oleum Hiprici.

Take the tops of *Stozes* of *S. Robins wozt*, that hath red succe, thre ounces, shred them small, and lay them to steepe in sweet Wine, as much as needeth thre dayes: then boyle them in a double glass, close stopp, and presse out the liquor from them, which done foure times with fresh *Stozes*, and a little more wine, if any be wasted, if not, take the Wine the fourth time strained, put to it *Tercbinthij* 3. ounces: of good *Oyle* six ounces, and of *Saffron* a scruple, so let them baile till the Wine be consumed: which potozed cleare out from the ground, referre to be used.

It is hot and dry, and binding, wherefore it healeth the cuts and wounds of the shewes, taketh away the paine of the hips, thighs, and bladder: and helpeth the Urine.

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Oyle of Rue.

Take blossoms and tops of Rue so many as you list, which small shred put into some glazen vessell, and poure out so much sweet Oyle as will cover them, and close stopp, let it stand in the Sun, or in some other hot place five daies: then boile it, and being strained from the herbs, take so many fresh herbs, and use it as aforesaid foure or five times, and reserue it to use as aforesaid.

It is hot, opening, resolbing, and mitigating paine: it beatech the reynes, bladder, and Matrix; it taketh away the paines of them, and the Collick, if the belly be annointed therewith, or a glister made therewith, it is good for the finewes, helpeth the Cramp, and putteth away cold humours.

Oyle of Dill.

Take the flowers and leaves of Dill, &c. as afoze of the Rue. It mitigateth paine, openeth the Pores, proboketh sweat, resolbeth vapors, impostumes, swellings, and hardnes in any place, and if the back-bone be anointed, it ceaseth the paines and growing of Seabers.

Oyle of Elder flowers in the same manner.

It coupleth, cleanseth the skin, helpeth the weaknesse of the Liver, and the stopping of the same, and greatly asswageth the paine of the joints.

Oyle of the leaves and flowers of Cammomile, as Rue and Dill.

It is good against the Pleuristie, openeth the Pores, resolbeth vapors, correcteth the chill quality of humours, and is good for the finewes and abateth the paine marvellously.

Oyle of sweet Mints, as aforesaid.

It comforteth a weak stomache, stayes vomire, mooves appetite, helpeth concoction, and taketh away loathsomenesse.

Oyle of Wormewood.

It is hot, and comforteth the parts that are too much cooled, cheifly the stomache, proboketh appetitie, taketh away obstructions, and killetb worms.

Oyle of Roses, and Rose buds.

It is good against inflammations, it cooleth the burning and boiling of the stomache, and fretting of the bowels, if it be given in glister, and to anoint the tooth, it taketh away the ach.

Of the Oyle of Violet flowers,

It is good against all inflammations and heat.

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To make Oyle of Earth-wormes.

Take of Earth-wormes halfe a pound, of good Oyle two pounds, of sweet wine two ounces: boile all together untill the wine be quite consumed, then straine it and keepe it.

This Oyle is good for the sinewes that are cold, and helpeth the paine in the joynts.

Oleum Benedictum.

Take of Oile two pound, Storax, Calamite, Labdanum, Olibanum, Saffron, Gum Arabick, Gadder, gum of the Asp-tree, Aloes, Succotrine, Masticke, Cloves, Salingale, Cinamon, Nutmegs, Cubes two ounces, Gum Clamy a pound, Spirte, Baellium halfe an ounce, Galbanum six ounces, Spike an ounce, Resin of the Phe tree, Armeriack, Opoponax two ounces: beat all to powder that is to be beaten, and mix it with the Oile, and put all into a stillitorie of Glasse, with the head and receiver so closed, that no aire come out, setting your Linbeck upon a soft fire twelve houres, increasing your fire from six houres to six, till all be killed. This done, beat all the residue in the bottome of the still to fine powder, and with the same Oile distill it the second and third time as afoze, and it shall be as it were Balsme.

It is good against Crampes, Palsies, paines of the joynts, cold Catarrhs, green wounds and Ulcers, it comforteth the spirit, openeth Obstructions, one drop in the eare helpeth the hearing: A Rose-cake dipped in it, and laid to the Temples, helpeth the Aggrin, and taketh away the swimming of the head: an ounce in sweet wine drunk three dayes together, cureth the disease of the Lungs, and the quartaine Feaver. If you giue a spoonful with wine thirty dayes with a little powder of Piony roots, it helpeth the falling sicknesse: so that if the coronall commisure be also anointed, it easeth the paine of the French Pox, and is good against the stinging of any venomous beasts, and for all diseases of the sinewes.

To make Conserve of Roses, or other flowers. chap. 20.

Take buds of red Roses somewhat before they be ready to spread: cut the red part of the leaves from the white. and beate and grinde them in a stone Mortar with a peece of wood, and to every ounce of Roses, put three ounces of Sugar in the grinding (after the leaves are well beaten) and grinde them together till they be perfectly incorporated, then put it in a glasse made of purple, or else into an earthen pot,

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pot, stop it close, and so keepe it. Thus you may make Conserbes of all kinde of flowers commonly used for Conserbes.

The vertue of Conserve of Roses.

Conserbe of Roses comforteth the stomacke, the heart, and all the bowels, it mollifieth and softneth the belly, and is good against black Choler and Melancholly. Conserbe of white Roses doth ease the belly more then the red.

To make conserve of Violets. chap. 21.

Take the flowers of Violets. and pick them from the stalks, beat and grinde them with Sugar as you did your Roses: to these put double the weight of Sugar to the weight of Violets. but to all flowers put three parts of Sugar to one part of the flowers.

The vertue of the same.

Conserbe of Violet flowers is good against the heat and inflammation of Choler, called yellow choler, it quenches thirstinesse, it maketh the belly moist and soluble.

The vertue of conserve of Buglosse. chap. 22.

Conserbe of Buglosse flowers comforteth the heart it is good for the franchise, and for the melancholly: it is good for the Drop and swelling: it taketh away heart burning, and trembling of the heart or stomacke, it profiteth against choler.

The vertue of conserve of Borrage. 23.

Conserbe of Borrage flowers is of like vertue, it is especially good against black Choler or Melancholly, it also maketh one merry.

The vertue of conserve of Rosemary. chap. 24.

Conserbe of the flowers of Rosemary comforteth the cold and moist braine, it comforteth also the sinewes, it is good against melancholly and flegme.

To keepe Cherries condict, or Gooseberries. chap. 25.

Take your sirrop as for Plums, then take halfe a pound of Cherries, and cut off halfe the length of the stalks of every Cherrie, put them into the sirrop, and use them as you did the Plumes. put in what spice pleaseth you. and so keepe it as before is written: but make your sirrop strong enough of Sugar, lest it waxe hoare and corrupt: then must ye make a new sirrop stronger of Sugar, and put the Cherries in it to keepe, as before is said: Thus may you do with Gooseberries to make of them Jarts or sauces all the year long, saving that Gooseberries

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berries may be well sodden without breaking, because of their rough skin, so it be safely and diligently done.

To make a Conserve or Jelly of Quinces, after my Lady
Gray Clements sort, unstrained. chap. 26.

Take six pints of faire water, put in a faire bessel, put thereto the whites of six Egges, and with your hand beat the water and the Egges together, till you shall see your liquoz rise with great force: then put into your liquoz six pounds of Sugar, 10 six pints of water, that is halfe measure, if ye make it at Michaelmas or at Allholston-tide: after that: five pounds and a halfe of Sugar will serbe six pints of water. Then set your liquoz, Egges, and Sugar on the fire, and let them serbe till the scum arise: then take it off and scum it cleane, and set it on the fire againe, and scum it still as long as there will any foule thing or scum arise. Then put in twelbe pound of Quinces with the coares taken out, so let them boile softly, and still scum if any thing doe arise: and when it beginneth to looke red, lay a drop of it upon a Paper, and when ye finde that it will stand upon the Paper, then it is sodden enough: then take it off, and set it run thorow a fine haire siebe into your baxes, and with a spoone take off the scum aboue, and this will kepe, but it must serbe soberly, and not a fast fire, but a continuall reasonable fire.

To preserve Quinces all the yeare, as it was used for
King Edward. chap. 27.

Take your Quinces and pare them, and serbe them in cleare water till they be tender, then put the water from them: then take Sugar, and put water to it; to a pound and a halfe of Sugar, put halfe a pint of Rosewater, so seeth them together till they be thicke like a sirrop, and searpe them all till they be browne. Then take out the Quinces, and let the sirrop searh againe till it be somewhat thicke as ye see the sirrop of Greene Ginger. Then put in your Quinces againe, and let them searhe three or foure Pater Noller whiles, then take them from the fire, and put them in a stone pot, or a little bessel of wood, and thus keepe them all the yeare: If you list to put Cinamon, you must put to ebery five pound of Sugar one ounce of Cinamon, and if you haue no store of Rosewater, ye may make the same sirrop of running water, but it will not be so pleasant as Rosewater, but it will doe very well.

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To make Quinces in sirrop. chap. 28,

Take thirty Quinces, and take out the cores of them, and pare them, and eber as they be pared, cast them in faire water: when they are all pared, take a pot of faire water, and put your Quinces in it, let them seethe till they be tender, that ye may put a strato of ruff thorow them: then take to your Quinces five or six pounds of Sugar, and take some cleane water, as much as ye thinke will cover your Quinces, and put into this water your Sugar, and four or five whites of Egges all to beaten, so that there may rise upon them a froth. Then put them so dressed into your water with Sugar, and let that stand upon the fire, till it hath sodden a hallof or thwaine. Then take a piece of a woollen blanket, and potoge this water thorow with Sugar and all: then put this water into a faire pot, and the Quinces together, and let them seethe till your Quinces be very tender, and eber as there riseth any white or anything, skum it off cleane. Then take out your Quinces, and let your sirrop boyle till a spoon will stand in it, and when your sirrop is cold, put in your Quinces and stop it close, and within three dayes looke upon it againe, and if the sirrop was thicke, take more water and Sugar, and dresse it as afoze written, and when you have put it thorow a cleane cloth, then take the Quinces and the new sirrop, and put all together, and let them seethe a while: then take out your Quinces and let the rest seeth till it come to a sirrop, and when your sirrop is cold put your Quinces in, and so kepe them all the yere, but be sure that your sirrop be thicke enough, or else it will marre all: you may not put in your Quinces at the second seething, till your sirrop be somewhat thicke, for they be not put in to seeth, but to seke out the watrinesse of the sirrop, and therefore they may seeth but a little while of the second seething.

To make conserve of Damsons. chap. 29.

Take Damasins and wash them in faire water, and drie them with a cloth, and put them in an earthen pot, and fill your pot with them, and cover your pot with a peece of paste, and put your pot in an empty Oven, which was filled with bread, and then put in your pot after the bread is out, and stop it very close, and let it stand four heures. Then take it out, and put your Damasins in a peece of thicke Canvas, and let the liquoz that runneth from them, come into a faire pan and in any wise breake not the Damasins that are in the cloth to be

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more liqꝛoz, for you must haue no liqꝛoz but that, which commeth from them. Then take a faire bawling pan, and put your liqꝛoz in it, and put to it as much beaten Sugar of the finest, as ye thinke will make it sweet, and seethe it upon a quick fire, and when ye thinke it is enough, take a satucer, and with your stirring-ticke let a drop fall upon your satucers side, and if it be enough, it will be somewhat stiffe. then take it from the fire and put it into your box, also you must stirre it still.

To preserve Damascins. chap. 30.

You must take for ebery pound of Damascins halfe a pound of Sugar. First make your sirrop with Sugar and Rose-water, and when you haue boyled it aboyle, then put in your Damascins, so that they lie not too nere together, so let them boile till they be red at the stone, then take them out, and put them in a Platter, and then put in more to the same sirrop, and let them boile as the other did: and when they be all boyled and cold, close the skimmes as close as ye can, and putze on the liqꝛoz being hot, and so let them stand a while ogether that you put them into the glasse.

To make Wardens in sirrop. chap. 31.

Take Wardens, and cast them in a faire pot, and boile them till they be tender, then take them up and pare them, and cut them in two or thre peeces, and take powder of Cinnamon a good quantitie, and put it in red Wine, and straine them, and cast thereto Sugar. Then put it in an earthen pot, and let it boile together, and when they are well boyled, take powder of Ginger, and colour it with Masticke, and looke that it be poynted and dulcet.

To make Prunes in sirrop. chap. 32.

Take Prunes, and put Claret Wine to them, and Sugar, as much as you thinke will make them pleasant, let all these stoe together till ye thinke the Liqꝛoz looke like a sirrop, and that your Prunes be well swollen: and so keepe them in a hessell as ye doe green Ginger.

The vertue of conserve of Succorie. chap. 33.

Conserbe of Succorie is good against yellow and black Choller, and for the burning and heat of hot Feabers.

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The vertue of Conserue of Eldern flowres. chap. 34.

Conserbe of Eldern is against the *Spazzes*, it cleaseth the stomack and the whole body from it.

Gather the clusters or bunches whereon the flowers grow, when they are new blowne or opened, lay them upon a faire sheet abroad in a chamber a day or two, till ye shall perceiue the flower will shake off and fall away: then pick them cleane, and make thereof conserbe as you do of other flowers.

And whereas it is more wholesome then pleasant, therefore put some other conserbe (such as ye list) amongst it when ye will use it.

The vertue of Conserue of Sorrell. chap. 35.

Conserbe of Sorrell is good against all kinde of heats of the stomacke, and other principall parts of the bodie, and against yellow chol-
ler.

Take leaues of Sorrell, wash them cleane, and shake off the wa-
ter cleane, or else tarry till the water be dyed cleane: beat them and
grinde them with Sugar, as aboue, & then keepe them.

The vertue of conserue of Maiden haire, chap. 36

Conserbe of the leaues of Maiden-haire, is good against the sick-
nesse of the side, called the Pleurisie, and for all the diseases of the
breast, and of the Lights, and in all maladies of Melancholly, and a-
gainst redchol-ler.

Make it as ye do conserbe of Sorrell.

To make conserue of Elicampana roots, chap. 37.

Take the roots of Elicampana, wash them cleane, slice them into
pieces as big as your thumb, sethe them in faire water till they be
tender, take them up and powze them, and draine them throught a haire
siebe: put thereto in the second sitching the double or treble weight of
Sugar, and when the Sugar is perfectly incorporated, take it off, and
keepe it.

The vertue of the same.

Conserbe of Elicampana is a good comfort to the stomacke, and
the nourishing of the members, it marvellously loseth tough fleame,
dissolbeth and consumeth the same, by the siege it aboideith it.

To make conserue of Acornes or Gladen, with the vertue
of the same. chap. 38.

Take the roots of yelow Flower-de-luce: which groweth in
moist

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melt ground, otherwise called Flagge-root: wash them and scrape them, seeth them, and order them as ye do of Elcampana, now last before rehearsed, and so keepe it: This conserve is good against all sicknesses of the braine, and sinewes, & against all diseases of steame. Unto women it openeth naturall course and tearines.

And you must generally learne, that in making conserves, fruits and roots are made with fire and seething: Popover, the more Sugar and honey is put into them, so it be not past three pound to one, the conserve shall continue the better.

To make conserve of Strawberries, with the vertue
of the same, chap. 39.

Take Strawberries one quart, cleane picked and washed, set them on the fire till they be soft, straine them, put thereto two times as much Sugar in powder as the weight, of the Strawberries, put it in a glasse oz earthen pot well glazed.

The vertue of the same.

The conserve of Strawberries, is good against a hot liver, burning of the stomache, and specially in the fervent heat of an ague.

To make conserve of Cherries and Barberries,
chap. 40.

In like sort you must make conserve of Cherries, and also of Barberries, sating that these require more Sugar then the other do, which are not so soft as they be

Here is to be noted, that of conserve of fruits may be made Pharmalade: for when your conserve is sufficiently sodden, and ready to be taken off, then seethe it more on height, and it will be Pharmalade. Popover, some make their conserve, Pharmalade and sirrops with cleane Sugar, some with cleane honey clarified, some with Sugar and honey together: and after the opinion of some great Clarke, honey is more wholesome, though it be not so wholesome as sugar.

To make all kind of sirrops, chap. 41.

Take Buglosse, Borage, white Endive, of each one handfull, of Rosemary, Lime, Dylow, Winter savory, of each halfe a handfull: seethe them (being first broken betwene your hands) in three quarts of water, unto three pints, then straine it, and put in the liqueur whole Cloves an ounce, powder of Cinamon halfe an ounce,
powder

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powder of Ginger a quarter of an ounce, one Buttery in powder, of Sugar halfe a pound and more: let them seeth upon a soft fire, well stirred for burning to, untill it come to the thickness of life Honey, then keepe it in Gally pots. If you put one pint of Spalmesley in the second seething, it will be better. When it is perfect, haue six graines of fine muske in powder: stirre it among your sirrop as ye put it into your Gally-pot, and cober it.

This sirrop will last many yeeres, and is excellent against totering and faintnesse of heart: it comforteth the braines and sinewes, if it be used as much as a Hazel nut at once, at your pleasure.

A Violet powder for Woollen Clothes and Furres. chap. 42.

Take of Treas two ounces, of Calamus Aromaticus three quarters of an ounce, of Cypres, of Galingale, of Spikenard, of rose leaves dried, of each a quarter of an ounce, of Cloves, of Spiche, of Labender flowres, of each halfe an ounce, of Bigella Kannana a quarter of an ounce, of Benjamin, of Storax, Calomel, of each halfe an ounce, let them be all fine beaten and searced. Then take two or thre graines of Muske, dissolve it in Rose-water, and sprinkle the water upon the powder and turne it up and down in the sprinkling, till it haue drunk up the water: when it is dry, keepe it in bags of silke.

A sweet powder for Napery, and all linnen Clothes. chap. 43.

Take of sweet Marjorum (that which is hard is the sweeter) when it hath in him seeds ripe, cut the branches, so that the root may spring againe: when the Marjorum is dried, then rub out the seeds, and keepe them to sow about Easter, and the huske and leaves that grow about the seeds take for your purpose, rub them small, (for if you beat them to powder in a mortar, they will lose the most part of their flavour) then take of white Saunders, or gray Saunders, but looke that they be new of right sweet odour, for if they be old and haue no pleasant and quick odour, they are nothing worth. Take (I say) of these sweet Saunders beaten into fine powder, an ounce, and put it into an ounce of your sweet Marjorum, rubbed between your hands, as before is said, and if you put one or two graines of Muske thereunto for your wearing Linnen, it is the better: sow these up in a silke bag together, and lay it among your linnen: of such bags haue a dozen

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of two, which there will continue many yeres, and when you looke to your linnen, then chase each of the bags betwene your hands, that they may peeld out their sweet odour. Apröober, in the Summer time gather red Roses in faire weather, so come as they be blowne and opened, lay them upon a Table, a Bed, or faire floze of broode, and now and then remebe them, least they mould and wax fukie. When they are drie, picke off the leaues, that you may haue two pecks of them, then strewe them among, and betwene the boughts and foldings of your linner, with one handfull of drie Spike stowges, so fix handfull of drie Roses, and lay your sweet bags amongst them. Be sure that your linnen be eber thozoto drie ere eber ye lay them up, or else the Roses will haue heze: set your coffer in a dypaire, and in the the Winter time of het weather, when you perceibe your Roses to wax moist, then put them in a pillote beere of twaine, that they fall not out, and lay them upon your bed betwene the coberlet and the blanket all night, or else before the fire, let them drie and strewe them againe. Apröober, you must althowes haue a bag of drie Roses in floze, kept in a dypaire: for if he lose his rednesse, then loseth the Rose his sweetnesse. Finally, you must eber yere put away your old Roses, and occupie new, but keepe your sweet bags still many yers.

To make a Pome-amber. chap. 44.

Take Benjamin one ounce, of Stozar Calomit halfe an ounce, of Labdanum the eighth part of an ounce, beat them to powder, then put them into a brzen ladle with a little Damaske or Rose-water, set them eber the fire of coales till they be dissolved and be soft like wax, then take them out and chase them betwene your hands as ye see wax: then haue these powders ready finely searched, of Cinamon, of Cloves, of Sweet Saunders, grap or white, of each of these three powders halfe a quarter of an ounce, mixe these powders with the other, and chase them well together: if they be too drie, moisten them with some of the Rose-water left in the ladle, or other: If they wax cold, warme them upon a knifes point ober a chafingdish of coales: then take of Amber-græce, of Spuke and Ciber, of each three graines, dissolve the Amber-græce in a silver spawne ober hot coales, when it is cold make it small, put to it your Spuke and Ciber: then take your Pome that you haue chaffed and gathered together, and by little and little (with some sweet water if nedd be) gather up the Amber, Spuke and Ciber, and mixe them with your Ball, till they be perfectly

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fectly incorporated, then make one ball of two of the lumps, as yet shall thinke good, for the weight of the whole is about two ounces, make a hole in your ball, and so hang it by a lace.

If you perceiue that the ball is not tough enough, but too brittle, then take a currelie of Storax liquida, and therewith temper your ball against the fire, but take not too much Storax liquida, because it is too strong. The better way is to haue some Gum, called Dragagani, which ready dissolved into sweet water, it will be dissolved in too dases, and with that gather your ball with the heat of the fire: this ball will be of like goodnesse within as without, and of great price.

Some men put in the making hereof three or four drops of Oile of Spike: beware of too much, because it is very strong.

When you will haue your ball excied in sweetnesse, beake it and haue two or three graines of Muske, or Ciber, or Amber grance, as you delight in, altogether dissolve them in Rose or Damaske water, and with the same chafe your Ball over the fire, till it be drunken in, then pearce a new hole as befoze.

To make a fine Fumigation to cast on the
coales. chap. 45.

Take of Benjamin one ounce, of Storax Calomit half an ounce, dissolve them as for a Pomz-amber: then haue ready these lumps, powders, or one of them, Ginger or Caynes, or of white Saunders, and Cloves, of either halfe a quarter of an ounce, all in fine powder: mixe them all together, and with some Storax liquida, gather them together with the heat of fire: then make them round, of the bigues of a black flou, and with your selfe print it a cake, while it is warme and soft.

Of these cast one or two upon a chafingdish of coales, to purge all pestiferous and corrupt aire out of your house: if you put in the other things the powder of Amber heads, it will be sweeter. Some put also Labdennum, as befoze said, in making the Pomander, herein do as the labours shall please you.

To make the same in Osets. chap. 46.

Take a little of fine powder of Salto, or Willow coales, mixe it with some of your fumigation last befoze named, in the making, bozhe them well together, then fashion it with three or foure fete, like a Clove, and when it is dry, kindle the end of it at a quick coale, and it will yield a sweet labour: put not too much coales,

foz

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for then it will labour of them; put not too little coales, for then it will not keep fire; put not too much Storax liquida, for then it will be too brittle and too moist, and will not lightly dry: therefore it shall be better well to have some Gum of the Cherry-tree, or Plum-tree, which they call Gum Arabicke: dissolve some of it into sweet water, till it be liquid and tough: with this gather your Oselets, or other Fumigations.

A moist fume upon a fuming-dish, chap. 47.

Take a piece of Pome-amber, as big as a Hazell nut, bruise it, put it into your fuming-dish, with sweet water: put thereunto a few Bay-leaves, as much of dried Hazell leaves, a little Rosemary, and set over the fire upon a cup-board, or else in stead of the Pome-amber, put two or three of the Cakes before written, broken small, and nine or ten whole Cloves: and if you will have it excellent sweet, then put one or two graines of Muske, and let the leaves and them stand over the fire together, as before is said.

A Fumigation for presse and clothes, that no Moth shall breed therein. chap. 48.

Take of the wood of Cyprus, or Juniper, of Rosemary dried, of Storax Calamite, of Benjamin, of Cloves, a like weight beaten into fine powder, then take of the powder of Clozewood leaves, dried, as much as all the others, mix them well together, cast thereof upon a chafingdish of coales, and set it in your presse, and shut it close: and thus do oftentimes, till you have well seasoned your presse or cofer.

A perfume for a Chamber. 49.

Take Rosemary, sweet Marjorum, Bay-leaves, of each a handfull, a pennyworth of Cloves, Vineger, and Rose water, a sufficient quantitie, boyle these in your perfuming pot, which smell is sweet and wholesome.

A perfume of Damaske. chap. 50.

Take Storax Calomita five ounces, Benjamin, Labdanum foure ounces, Cinamen one ounce, Muske foure graines, Cloves a dramme, Rose-water halfe a pound, stamp them together, and when you will occupie them, put them into your perfuming pan, and boyle them.

An odoriferous sweet ball against the plague. chap. 51.

Take Storax, Labdanum, of each a dram, Cloves halfe a dramme, Camphire halfe a scruple, Spiknard a scruple, Nutmegs a dramme, of

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of all these make a paste with Rose water, tempered with Gum Tragacanth and Gum Arabick, stirring and beating them well; of this paste make your balls and boorne them.

An odoriferous white powder. chap. 52.

Take Iris elect three ounces, White Saunders two ounces, Damaske Roses, Lignum Aloe, Benjamin, Cypriz Alexand. of each two ounces, Squash four graines, Cibet three graines; beat and sift them by the sifter, and incorporate them in the same mortar you beat them in, and keep it in a vessel well stopp'd.

A fine red powder. chap. 53.

Take Damaske Roses two ounces, Sandali Attini once ounce, Ligni Aloes, Ligni Alex. of each a graine, fine Squash three graines, Cibet two graines: mixe them and beat them, and keep them together as before.

A sweet black powder. chap. 54.

Take Cypriz Alexand. Ligni Aloes, of each halfe a dzam, Sandali Citrini, Damaske Roses, of each one ounce, Cloves three graines, Squash the graines, and as much Cibet; beat these together, and keep them close in a glass well stop'd.

A powder wherewith to make a sweet water. chap. 55.

Take the wood of Cipresse, or the root of Balingale one quarterne, of Calamus Aromaticus one quarterne, of Orace or Iris one quarterne, of Cloves one quarterne, of Benjamin one quarterne: or ye may take of each of these one ounce for a portion, let all be beaten into powder, and when ye will distill your Roses, fill your still with Roses leaves, and a few Sphe flowers, and upon the top of some, strow some of your powders, and so distill them.

Some put a little of the powder Nigella Romana, to the other powders.

These Cakes will be very sweet, put the water in a large glass, and to the pot put twelve graines of Squash, let it hang in the middle of the water, in a thin linnen cloth with a thred, let it in the Sunne twenty or thirty dayes, then take the glass in, and set it in a dry place.

Conclusion and rules to be used in distilling, and ordering
of each herb or flowre before they be

distilled. chap. 56.

First, a soft fire maketh sweet water, and the sweeter it continue strong.

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Secondly, coales still the best water.

Thirdly, wash nothing that you will still, but wipe it with a cleane cloth.

Fourthly, all herbes, flowers and seeds, must be gathered when the dew is off them.

5. That which you will still, must lie at least five houres before you still it.

6. All spices corrupt your water, except Amber-grace, Clove, and Spikenard.

7. Scumme your water well.

8. Wipe your Still very cleane.

9. Wash your Still, but not often, and then dry it with a cloth.

10. The glasse Still is best, the Tine next, the earth not so good as the Tine, and the Leadern is worst of all.

11. Tender flowers, as Violets, Gilliflowres, and such like, would be distilled in a glasse.

12. All compositions must be stopp'd close before, and in stilling diligently weighed or measured.

13. Liquid waters must have greater fire, then dry & light waters.

14. Still not your glasse too full.

15. Put stoke of ashes under your Still, that your Still burn not.

16. Wipe the upper part of the still often, but especially the ridge.

17. Diligence in looking to all things.

18. Borage must be distilled: the herb with the root chopped together.

Hyssop, the leaves stripped from the stalke, when it beares blue flowers.

Camomile, the herb and flower chop together in the middell of May.

Dill, the herb in the beginning of May.

Fumitory, the whole substance chopped in the end of May.

Spinur, either red or other, the herb, stalke, and leaves chopped, in the middle of May.

Rosmarie, the flower, cutting away the white ends.

Rosemary, the flower, bud, and leaves, stripped from the stalke in May, in the flowering.

Sentory, the herb and flowers chopped in the end of June.

Violets, the flowers in Aprill.

Woadvine, the flowers in the beginning of June.

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To make water of the same colour of the flowers that
you distill. chap. 57.

First, distill your water in a stilliott, then put it in a faire glasse,
and take the buds of Roses, and cut away the white, and put the
leaves into the filled water, then stop the glasse, and put it into the
stilliott to fill, putting herbes into the Still for feare of burning:
After this, straine the water from the leaves, and skum it well.

A compound water to perfume Gloves, or
other things. chap. 58.

Take Damaske water double filled, a pound, Spuake, ten graines,
Clivet three graines, Amber-grace foure graines, beat all these toge-
ther to powder, and put it into the water aforesaid, and stop it close,
and use it without any more stilling.

To make Damaske water. chap. 59.

Take Damaske Roses, and red Roses, of each a handfull, let
them drie foure houres in the shadow: then take two drams of Lab-
danum, Nigella Romana, two penny worth, Iris halfe an ounce,
Sage two drams, Cloves an ounce, Benjamin, Calamus aro-
maticus, Nutmegs, of each halfe an ounce, Carizum, Bazell, of
each halfe a handfull: bryste the spice, and put it in Palmesley, or the
lees thereof, the space of foure dayes: then distill it and skum it four-
teen dayes.

Another manner of making Damaske water.
chap. 60.

Take of Arace, or Iris, of Spice flowers dried, of Cloves, of
each ounce, make them in powder, put them together, with a pint
of new Ale in cognes, and one pint of Rose-water in an earthen pot,
put thereto a great many of green Rose-leaves, let them soake in a
night time stopped close: in the morning when you shall distill, first,
lay other Rose-leaves in the bottome of your stilliott for feare of
cleaving too, then take off the Rose-leaves out of the pot, and put them
with other green Rose-leaves, in your stilliott sufficient, and to the
water put Spuake, as is abovesaid: This water is excellent to set forth
a Cart, or Apple-moyle, or Almond-butter.

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To make a sweet Damaske powder four
manner of wayes.

Take two or three handfull of dried Rose leaves, two graines of
Muske, half an ounce of Cloves, and beat all these to powder.

2 Another way.

Take six ounces of Orace, four ounces of Cloves, two ounces of
Stoez Calamite, an ounce of Labdanum, with two ounces of yellow
Saunders, and a little Muske.

3 Another way.

Take two ounces of Cloves, four ounces of Sprunce, four ounces
of Stoez Calamite, four ounces of Roses, three ounces of Banja-
min.

4 Another way.

Take three ounces of Cyces, four ounces of Benjamin, two ounces
of Cassinber or Labdanum, three ounces of Stoez Calamite, two ounces
of Roses, beat all to powder.

To make Pepper lost with the verrue of the same.

You shall do this after the same manner as is shewed for graine
Ginger, in the 15. chapt. that is, with sand, and the like strops, sea-
son and dry them. Ginger and Pepper in strops comforteth a cold sto-
mache, and helpeth much to good digestion.

To keepe Barberries.

Take clarified Sugar, and boyle it till it be thicke, which you shall per-
ceiue, if you take a little between your fingers, it will rope like bird-
lime, then put in your Barberries, and let them boyle with a soft fire,
untill you perceiue they be tender: then put them in a glasse and cover
them, and so keep them.

The



The knowledge of the names and natural disposition of divers diseases, that most commonly happen to molest and grieve the bodies of men and women.

Chap. 59.

- E** Lepanthium, is an ebill which is easie to be knoton.
- 2 Gout, Cain, is Morbus cadacus, that is to say, the falling sicknesse.
3. Epilepsia is the same ebill, or very little difference.
4. Lyrargum, is a perillous ebill, for he that is therein, is alway sleeping: for it hath been seen, that a man in that ebill hath slept himselfe to death,
5. Squinantia, is an ebill that is in the throat bohole, and when it taketh all the neck, it is a sign of death except medicine helpe.
6. Sciatica passio, is a passion that sturth in the wittrel-bone of the hip, and holdeth his course between that bone and the kidge-bone, and then selleth, but his abiding is most in the wittrel-bone.
7. Colica passio, is a passion that is in a mans Arse-gut, but it sheweth into all the guts, and into the flanke, but his most paine is principally in the Arse-gut, and that stoppeth both wind and water.
8. Postema, is in diverse manners both without the skin and without the skin, and within the body, for all manner of things that swell, bear out the flesh, and therefore all manner of Boyles, Witches, Felons, and other such like, may be called Postema, as well as those that be upon the stomach, or on the lungs: There be some that bear proper names, as Peripneumonia, the which is an impostume that is upon the lungs, that engendreth a passion, that is called in Latin Aspiration

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ratio of Respiration: and it is called in English, hard drawing of wind: that when a man hath much paine to draw his wind, which maketh the Lungs to be in paine, for it presseth downe the Lungs, and causeth them to be hot and drie, and that maketh a man to cough.

9 Pleurifim, is another Impostume that lyeth upon the sides, and upon the ribs, and sheweth foze. And he that is so distracted, commonly he is coughing: and the humour is red, and they be much weaking, and may not lie well on that side.

10 Also there is an Impostume, that is called in Latine, Anatrix, and Antardis: and it is called in English a Fellon, and they be hotter of matter then the other that goeth out in Byles and Fellons when it is rotted.

11 Tuna, is a white teenty Shell, and Acoria, is a dry Shell.

12 Caries, is in a manner of an Impostume, that is like a Wart, that bringeth forth a long haire: of two, or thre.

13 Caries, is the rooted head of a tree.

14 Derias, is a Wart. And Cicutis is called an Impostume, as it is said here before.

15 There is an ebill that is called Riceria, and there be two of them: that is to say, the blacke and the yellow: and especially the black, which cometh of the chafing of the Liber.

16 Also there is an ebill which belongeth to women; that is called Spensirious. the which is a flux of blood: And there is another that belongeth to women, that is called the paine of the Matrice, which containeth from the Matrice to the privy member. But the Matrice of it selfe, is like a thre corner'd purle, as it may be made in figure: and that hangeth by certayne strings by the ribs, and by the intralles, and so it stretcheth downe to the privy member, which is called the mouth of the Matrice. Now shall understand that the Matrice hath in it selfe nine folds, which falleth like pleats of cloth, and in those pleats falleth the seed of man, and therein it is nourished, and therein is the child conceived, by reason whereof it might be possible that a man might get of a woman nine children at once, and if they were of such complexion, that the woman might conceive in every fold a child, and if it fortuneth the seed of man to fall then in the pleats,

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pleases, as it may fall: And if it falleth on the other side, it getteth a man child, and if it fallow on the other side, it getteth a woman child, and if it falleth in the middle, it is like to be both the male and the female. And therefore, it is all in God, that a man might knowe the great might and goodnesse of his secrets.

17. Also there is a malady that commeth of the childe birth, and that is when the child commeth forth, there commeth therewith a skinne, the which is engendred of the seed of man: and it lyeth in the Matrice, and it is divided in two parts, whereof one commeth to cleane blood, and afterward ingendzeth to a piece of cleane flesh: And then that flesh putteth from him a white thick matter, and that matter engendzeth a skin, which skin taketh and bindeth in the cleane matter aforesaid: and evermore as the childe formeth and waxyeth, even so the skin waxyeth with it. And the same skin is called the Secundine: and it keepeth the child from many perils that should fall there to, if that were not: for it closeth in the childe, like as the shell encloseth in an egge: for first the shell of an egge, was a skin in the beginning of the Egge: Wherefore, in this case the skinne is called the Secundine. for it beareth up the childe: and when this Secundine is any thing peared or hurt, then is the childe hazne before his time. This Treatise is drawne out of a Chapter called Gilbertus, which saith, that there be fife principall things that bindeth the birth of a childe. Whereof one is, when the woman with childe is very sore of wrath and anger. The second is, when she is smitten with a Raffe. The third, is over-much fasting. The fourth is a great flure of the wombe. And the fifth, is a fall upon the wombe: For all these things hurt the Secundine, and maketh the childe to be borne too soon, which destroyeth both the woman and the childe: for then the woman is not kindly purged of the Matrice, and then is the Secundine chills to heale: and if it be not wel taken away of the Midwife. And except she doe her endeabour wel, then it will rotte, and make a woman great as though she were with childe.

And then there is another disease, that is, if it fortune that the childe be dead in the wombe, that hath a proper name in Latine, and is called Fetus, of what kind soever it be, & if it be dead, it may be said so, & in English it is called a dead child, wherefore all manner of men

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I charge in Gods name, to take heed whosoever ye be that read this Treatise, that ye blaspheme not, nor despise this, being the tooghs of God, wherebye ye may plainly understand howe ye were brought into this world.

18. Also there is another malady that is named in Latine Caninus appetitus, or Morbo Canino, that is, when an unkindly heat is in the stomacke and in the body. And so the moisture that should be in the stomacke, sunneth away, and the heat byingeth up the moisture, and be that hath that malady is very collicke.

19. Also there is another malady that is called in Latine Edic passio, that is, an ebill that maketh a man to dye and banish away: And in English it is called the Wyckesse: howbeit the proper name thereof is Crick, and the man that hath that sicknesse shall consume away, but yet ye shall be ever eating, and it is the very token of moztall death.

20. Also there is another disease properly called in Latine Fluxus ventris, which may be understood in English, all manner of newbombed people, otherwile called the bloody flux.

21. Also there is another flux, called in Latine, Lienteria, this is a fluxe of the wombe, and this cometh when the stomacke is all slipper, and the matter goeth away undigested.

22. Also there is another that is said in Latine, Dysenterium, and that is when the guts make squames in the manner of spabing of guts, and no other, as men shall heare after.

23. And there is another disease that is called in Latine, Thensamon, and that is eben contrary to that before, for Thensamon is, when a man is very collicke and hard-bombed.

24. Also there is another infirmity that is called in Latine Emorroides, and that is of great abundance of blood, and there will arise small teets, as it were warts, that will lie within the fundament upon the gut, and without both.

25. There is another that is called in Latine, Exitum, and that is the going out of the fundament, for the gut of the fundament will goe out, and that is a sore ebill.

26. Also there will come out of a mans nose much soule filth, and thereof great abundance, some like gobbets of flesh, right in his nose, like as Emeroides told mee, and that is called in Latine, Polipus.

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17. Also there is another disease of malady, that is called in Latine *Malum mortuum*, and the soze that cometh thereof is called in English a *Worm*: but knowe ye well, that his beginning is of a Melancholly in the body of man: and it is taken for one of the spices of the Scab: and properly it cometh of a naturall Melancholly, when it is putrified and corrupt of naturall Melancholly, and in some men it is mingled with sabose flegme, and be both gendered together of too long using unwholesome meates: And sometime it cometh of the stopping of the Spleene. For when the spleene may not receiue the Melancholly, then by his humours he beaues of waight, and preefeth it bowne-ward to the legges, and then beginneth the pushe to break out, and they be called *Malum mortuum*. Another cause why it is called *Malum mortuum*, for it maketh the members as it were dead, or else that it were flesh: And it is called so because it is not so quick in working as the other sozes be, neither in engendering of new flesh, nor mattereth not as other sozes do, but alwaies is hot and dry: and moreover, it will not atway till a man die, except he be the roze hoary, and it sooner taken heed to: For the Melancholly is the onely cause thereof: And his colour is to be swarthy, and as it were a party blue, and hard: and commonly it is full of stones and hard dead flesh, and there will goe out thereof, in a manner of a red water, like as if there had been raw flesh washed therein: and it will close in many places, and when it is closed in one place, it will break out in another: And when it is surely of the Melancholly, the pushe will be black and blue. and the place will itch soze, and be full of dead flesh, and with sabose flegme it will itch: also it will be full of sozes and boyles arising thereupon. Also take heed of his digestion, for it will be of great colour, and much quantitie of Urine and thicke. And knowe well that he that suffereth it, an ebill commonly haunterh him, that is called in Latine *Dedamine*, and all they which are infected with that malady, there will appeare hairs thereupon, as both upon a Leaper, but upon this malady the haire shall be black, and upon a Leaper the haire shall be white and red: And a naturall knowledge and a true description are all these afoze rehearsed.

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Divers necessary observations both Physicall and
Astronomicall, chap. 62.

Spoeober, it is to be understood, that every moneth in the yeare the
Spone hath her course in one of the twelve signes: and in every signe
the Spone is two dayes and a halfe ch. old. And ye shall know also,
that the twelve signes have government of every man and beast in the
twelve parts of the body. And whyles the Spone is in every signe,
and if the body be let blood or else wounded, or burnt, all the medi-
cines that are, cannot serbe in that signe that hath the government in
the place of the body, and it is marvell but that the body be soon dead,
or else disraught for ever.

Aies, hath the government of the head and face.

Taurus, the neck, the throat, and the knot of the throat.

Gemini, the shoulders, armes and hands.

Cancer, the breast, the stomache, the ribs, the lungs, the milt in the
upper part of the breast.

Leo, the heart, the stomache, and the ridge in the nether part of
the breast.

Virgo, the wombe, with the intralles, and the paunch.

Libra, the reines, the loynes, and the web of the skin, that covereth
them, with the haunches and the buttocks,

Scorpio, the privy members, and the fundament.

Sagittarius, the thighs.

Capricornus, the knees and hammes.

Aquarius the legges, from the knees to the ancles.

Pices, the wrists and the feet.

Also it is to be understood, that a Laxative must be taken when the
Spone is in Cancer, or in Scorpio, or in Pices, and when the wind
is in the South, then is it best time to take a Laxative.

Also if ye should afflict the Spedoime, make it in the signe reten-
tive, as Taurus, Virgo, and Capricornus, and when the wind is in
the North.

Also when ye shall be let blood, looke that the Spone be in a signe at-
tractive, as Aries, Leo, or Sagittarius. And looke that it be not in the
neto Spone, neither in the old Spone too nigh the change. For in the neto
Spone the blood is waxing, and in the old Spone the blood is waxing,
and therefore take a full Spone.

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And if ye will geve a digestible medicine for to desse any humours, geve it when the Moon is in a digestible signe, as in Gemini, Libra, or Aquarius: and if ye looke by this teaching, ye shall do much the better, or else it will not go by reason.

Also, beware in these dayes in letting of blood, that is to say, in the Canicular dayes, the which begin eighteen dayes before Lammas, untill xxxv dayes after Lammas, for they be titled in the Kalender. It is to be understood, that every day beginneth at high none, as the Sunday beginneth his first houre on the Saturday before afternoon. And the Sunday, after the day, beginneth before the Sun rising at every day. It is to be understood in the Sunne rising of every day in the first houre of the Planets: as to account after the Planets, by the which Planets the dayes were marked in old time. For in Latine and French they have taken their names kindly after the Planets, but in English not so, Sunday taketh his name of the Sun, Monday of the moone, Tuesday of Mars, Wednesday, of Mercury, Thursday of Jupiter, Friday of Venus, Saturday of Saturnus. And in this order ye should account the houres of every day by the Planets. If it be Monday, the houre of the Sun-rising, which that day governeth by Saturnus, the next day after by Jupiter. And so in order reckon out the seven Planets, and rise as oft as needeth, untill the four and twenty houres be fully spent. And this is the course of all the Planets of all the yere: and if ye be let blood, then looke that ye bleed in a good Planet, with the signe that ye be taught to bleed in. Jupiter and Venus be good Planets to bleed in, and Saturn and Mars be naught: and the Sun, and the moone, and Mercury, with good signes they be good, and with bad signes they be bad. They be called good signes that be sanguinous, and they that be melancholous be called bad signes: and they be Cholerike and Flegmaricks, standeth in meane: and therefore beware and keep your rule, as is to said before.

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Certaine secret remedies appertaining to Women.

To make a Wioman have her flowres. chap. 63.

First, looke that the woman be not with childe: then take of the root of Gladen a good quantity, and boyle it in Vineger, or else in wine till it be tender: and after set it on the ground in a bessel, that the woman may stand ober it, and let her stand close ober, so that the heat may strike up into her body, and this shall helpe her: for this faileth neuer. Probatum est.

For the suffigation of the Matrice, and for the falling of the same. chap. 64.

Take Aspalum, that is, Tarre of Indie, and cast it upon the hot coales, and let the woman receiue the smoke into her mouth, and into her nose, and it shall dribe the Spother down anon.

For fore falling of the Matrice. chap. 65.

Take the same powder aforesaid, and cast it on hot coales under a siege skole, and let the woman sit ober it, and steu her with the fume, and stop the siege skole close with clothes, so that there goe no aire out, and it shall dribe the Spatrice presently, the enour thereof is so effectuall. Probatum est.

For the flowres to be brought out shortly. chap. 66.

Take the root of Gladen and make it cleane, and sized a good quantity thereof small, and put in an earthen pot, and put thereto a good quantity of Vineger, as need requireth, and then take a cober and cober it close with paste, but let there be a hole in the middle of the cober, and the cober be of a dish met for the pot, and let the hole be no moze but to put in a quill. And all the while that it is boiling, let that hole be stopped with paste, that no aire goe out, untill that time that the roots be soft. Then take it from the fire, and let it coole till the great heat be past, so that the woman may suffer it: and looke that you haue a chaire with a siege, then take take a quill for a pipe that is fit for the hole of the dish that covereth the pot, and unstop the hole, and put in the pipe, and set the pot under the siege, so that the pipe may come up thorow the siege, that the woman may receiue the other end of the pipe into her body, as warme as she may suffer it, so that the heat may strike up into the Spatrice, and it shall open the Spatrice, and she shall haue belibery right soon: and as soon as she knoweth that it commeth, doe it away, and she shall be whole by the grace of God.

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For the Mother rising upwards.

chap. 67.

Take halfe a pint of Spalmetep, and set it upon the fire in a picee, and dissolve therein 3. s. of Assaetida, and let it stand ober the fire the space of two Creeds saring, and then gibe this to the woman to drinke and it will put down the Spacher presently.

For the Mother that riseth upon a man

chap. 68.

Take Ambrose, called wilde suger, and driz it in the Sunne, and make a powder thereof, and when the Spacher riseth up to the beare, gibe him to drinke a quantity of that powder with a little warme liqoz, and it shall hold anon.

To bring forth tearmes. chap. 96.

Take Organum and boyle it in Wine, and emplaster it to the privy member. Also take Cotton and wet it in Turpenine, and make a Suppositoze. Also take Calamint and Peniroyal, and boyle the same in Wine, and let her drinke thereof. Also take Parsip, and Astrolialonga, and boyle them in Wine, and gibe the sick to drinke, or else make a Suppositoze, and it taketh away the ache of the Sparrice, and speedily bringeth forth the Secundine, and proboketh the Termes.

Aonther.

Give her with these Herbs, Organum, Calmint, Dabine, Gerdertwort, Peniroyal, roots of Lillie, and Sparder, and make a Pissary: Dresse Spagdashon, and put it in a strong linnen cloth, and put it in her fundament.

Also take Oyle that is Good in foddren in, and make a Suppositoze, and it maketh probecation anon.

Also take Carliche and stampe it, and boyle it in Oyle, and put it in a bag of Linnen cloth and thereof make a Suppositoze.

Also Cinamon and spitch boyled in water, and drinke, putteth away the Secundine.

Also take Oyle that is made of Lillie, and gibe to the woman to eat with bread, or a Suppositoze made thereof there is none like thereto in all manner of kinds to helpe the Sparrice.

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And for feare lest the mouth of the Matrice were hurt with any thing, with any anointing : Take Oyle of Bay, Oyle of Pullis, or Oyle Sunnill that groweth on an Oake, and therewith anoint the place,

A good bath for the Flowres, proved. chap. 70.

Take Rabbits, Juniper, Colemini, Penirozell, Spider-weed, Periwinkle, Peliter, leaves of the Bay-tree, and boyle them together in water, and bathe the woman therein many times, and she shall have her termes at her own mind and will.

Also take an Egge and rake it soft, and put therein Asafetida, and let her sup it up when she goeth to bed, and she shall speed anon,

To bring forth the Scoundine, and to cleanse the Matrice. chap. 71.

Take Galloloes and Wallbeche, Marigold, Mugwort, Cole-min, and Oreganum, and make her a bath with water, and let her sit therein above the Bell, and let her strike ever down wards with her hands, and it will be soe.

Item for the same.

Take a Goats skine with the cleaves and the haire, and cut it very small, and cast it into a fire of charcoale, made in a pan under a steele chaire, and let the aire smite up into her body, and she shall have helpe.

For the same.

Take Cassia i. Eusorbium, 3. s. and make them in powder, and take of the gall of a Bull 3. ii. and of the iuyce of Rue 3. i. and mingle them together, and then put thereto the powder aforesaid, and make a suppository of Cotton, and heer it in the confection, and put it in, and it will bring forth the Scoundine, and provoke the Menstrues.

Another.

If a woman have good purgation in her child-bed, let her drinke the spicing of Parts hogue in wine, and it shall do her ease.

To cease a womans Flowres. chap. 72.

Take the iuyce of Plantaine, and put thereto the power of Bolearmontack, and mingle them well together : then take Cotton and open it broad, and wet it in the confection, and make thereof a suppository, and it shall cease the flux of the Matrice.

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To bring forth flowres, and the Secundine, and a
dead childe. chap. 73.

Take faire Mats and soke them in faire water while they be well
sodden, and then take the beare, and make thereof a bache, and let the
woman sit therein up to the beare, and bathe her well in that water,
and it shall bring forth her termes, and the Secundine, and deliver her
of a dead child, if she have any in her womb.

Another for the same.

Take Venice, and seeth it in wine, and make a plaister, and lay
the same upon the Belly. Or else take the croppes of Venice and
seeth them in wine, and make thereof a Suppositoze, and it will doe
the said cure.

Another for the same.

Take the juce of Dittane, and mingle it with powder of Cassia,
and make a Suppositoze with Cotton.

Another for the same.

Will a clove of Garlike, and put it into her, and it shall bring forth
her flowres sone: or else seeth Garlike, and let her sit in that water
up to the Belly, and soke her well therein: or else make a Suppositoze
of Garlike sodden in oyle.

If a woman have too many flowres. chap. 74.

Take the foot of an Hare, and put it in a new sarpren pot, and burne
it to powder, and let her drinke of that powder with warme ale, or
with warm wine untill it be ceased.

Another for the same.

Take the middle banke of the Cherry tree, and put alsoe the gray
bark that is without, and take the greene bark and stamp it small, and
give it to the woman with a little warme Ale to drinke, and it shall
stop the flowres. Probatum est.

Another for the same.

Take the juce of Bursa Pastoris, and the powder of Sanguis Dra-
conis, and make a Suppositoze thereof, and it shall cease.

For to cleanse the Matrice. chap. 75.

Make a Suppositoze of Cotton, and anoint it with Turpentine,
and it cleanseth the Matrice of corruption.

For to cease flowres, and for faintnesse and casting
in child-bed. chap. 67.

Take the leaves of Birch, and make small bundles thereof, and seeth
them

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them in Vineger, and make a plaister thereof, and lay it to her end to the reins, and if discentery be in default in the upper gut, lay there, the plaister upon her stomache.

Powder of Holland against the Collick, and the
gnawing of the belly. chap. 77.

Take Cinamon, Annis-seed, Fennel-seed, Commin-seed, of each a quarter of an ounce, of Shaben Liquoris three quarters of an ounce, of Celingsale one ounce and a halfe, of Spicknard a quarter of an ounce, of Scane, of Alexandria, two ounces: beat them into fine powder, and seice them, whereof take a quarter of an ounce in a mess of pottage.

Powder to make the belly soluble, causing a gentle 'aake: easie
for any one to take chap. 78.

Take seed of Alexandria one ounce, of fine Ginger halfe a quarter of an ounce, of Annis-seed a quarter of an ounce, beat them into fine powder, and put them into sodden sugar, and make loofings (as before) of the whole, the number of six ten, whereof dissolve two of them into a mess of pottage, or in a cup of Wine, fasting in the morning, and fast an houre after. If you doe put as much sugar in powder, ye may keepe it in a bladder, and the whole powder will serbe eight times to receibe: as euen now is said.

A receipt to restore strength, in them that are brought
low with long sicknesse. chap. 79.

Take of the braine of a Pheasant or Partridge, oz of a Capon sodden or roasted of each a quarter of an ounce: steape them in Rose water two hours, of the kernels of Furs, called Pistatorium, and of the kernell of a Pine Apple, of each a quarter of an ounce, of Cinamon in fine powder the weight of thre my barley coznes, of the spices of Diamas, Diamargaron, Levisticus, Celent, of each the weight of forty graines of Barley corne, of the seed of Millon, Peppon, Card, and Cucumner, of each the weight of ten graines, the skinn taken off, let them be all ground small, then take six ounces of Sugar dissolved in Rorage water, scibe it on heigh, as for loofings, and when it is sodden enough, then put in all the other geare, and make loofings three of whereof one is sufficient at once dissolved in a mess of pottage, or a draught of cinke. Thus do two or three times every day.

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To make Loosings. chap. 80.

Take halfe a pound of Sugar, and as much Rosewater, or other distilled water, as for Manus Christi, seeth them likewise, and when you well know when it is sod enough, take out some upon a knives point, and let it coole, and if it be hard like Sugar, then it is sodden enough. Then put into it powder of Ginger, Cinamon, or Nutmeg: Stirre them well together, lay it upon a paper oyled, drie it as thin as ye thinke meet, lay on your gold leafe with a Conies talle, cut your Loosings Diamond-fashion, and so keep them.

To perfume Gloves. chap. 81.

Take the Globes and wash them in the Rosewater, or Damaske water, till the scurf of the Leather be gone, and then stretch them forth softly, and keepe the water you wash them with still, then hang them up to drie, and then lay them in a linnen cloth, that is folded thrice or foure times double, and when they be drie, let them lie in Rose-leaves dried a day or two, then take oile of Ciber, Almonds, and Muske, and grinde them together upon a Marblestone, stretch them forth softly, and with your hand anoint your Globes thrice or foure times, and eber anon stretch them forth as they drie. Then take Sandifer mixed with a little Amber-Greece, and strewe the powder of it thinly upon them, and lay them in a paper, and in a box: or else melt the Amber-Greece in a quantiry of Rose-water, and mixe them drie, and lay them in faire white paper.

2 To perfume Gloves another way.

Take the Globes, and wash them as aforesaid, three or foure times: and toying them ebery time softly: then take Gum Dragant, and steep it in fine Damaske water one night: Then straine the water throught a fine linnen cloth, and take Gum and mixe it with an ounce of Amber-Greece, with Oile of Turpentine: Then mingle all together, and rouse your Globes with the same: lay them to drie, and lay a paper between.

3 A preparative for Gloves.

Wash the Globes, as aforesaid, till the scruff of the Leather be gone: then take of Benjamin two ounces, Storax Calamite

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take one ounce, let them be very fine: then take Oyle of Citell Almonds, and mingle it with Benjamin and Storax upon a Marble-stone. When it is well ground, put it into an earthen pot with oyle of Citrus Almonds, then put in Cloves in powder, and so let it stand close covered: and when you need, take a little Rose-water in a sponge and rub the Cloves softly, and then in like manner, with the Oile called Citrus, for the same purpose.

4. Another way.

Take twelve graines of Muske, six graines of Amber Græce, three graines of Storax Calamite, six graines of Benjamin, and a few Cloves: grinde all these together with oile of Citrus Almonds. First, wash your cloaths with Sulfes dissolved a day in Damaske water.

5. Another for Gloves.

Take your Gloves and wash them in Rose-water once or twice till all the scurfie be gone from them, and then let them drie, and stretch them well out, fingers and all. Then plaine them, and wash them once or twice: then take two ounces of Storax, and as much Benjamin made in powder: dissolve your Gloves all over, on a smooth board before they be drie: then hang them to drie, and when they be drie, take the powder that is left.

Then take a pint of Rose-water, and two ounces of Storax, and two ounces of Cinamon, put all these in powder, and cast them to the Rose-water, and let them seth in a close Vessel covered. Then take a fine brush and brush them over.

6. Another way to perfume.

Take Amber-Græce a dram, of Muske halfe a dram, of Sulfes a dram, of Citrus halfe an ounce, put all these together in a pint of Rose-water, or Damaske water.

7. Another way.

Take a dram of Amber-Græce, a dram of Benjamin, halfe a dram of Sulfes, a dram of Storax, a quarter of an ounce of Labdanum, put these in Rose-water.

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A perfume for Chests and Cupboards, and also
for Gloves. chap. 82.

Take Benjamin and Storax of each an ounce, Labdanum and
Fuske, of each a quarter of an ounce, halfe a dram of Clove: if you
burn it for Chests, or Cupboards, beat it in a hot mortar: if it be for
Gloves, boile it, and put it to Rosewater.

To colour Gloves. chap. 83.

You must have hulls of green Walnuts, that must lie in water all
the yeare long, rose them well with these hulls, and make them as deep
a colour as ye may.

How to colour Gloves yellow within.

To colour Gloves yellow within, take the yolks of twenty Eggs,
and put them in a frying pan with a soft fire, stir them ever, & bruse
them with a Ladle, and the oile that ascendeth of them, being anointed
on the inside of the gloves, will make them look yellow.

To make Musk Sope. chap. 84.

Take strong lie made of Chalke, and six pound of stone chalke, four
pound of Waxe suet, and put them in the lie in an earthen pot, and
mingle it well, and keep it the space of forty daies, and mingle and
stir it three or four times a day, till halfe be consumed, and so that
that remaineth seven or eight daies after, you must put a quarter of
an ounce of Muske, and when you have done so, you must also stir it,
and it will smel of Muske.

To make red sealing Wax. chap. 85.

Take to one pound of Wax three ounces of cleane Turpentine in
Summer, in Winter take four, melt them together with a soft fire:
then take it from the fire and let it cool, then put in Vermillion berry
finely ground, and Sallet oile, of each an ounce, and mix them well to-
gether, and it is perfect good.

To keepe Damascus in sirrop. chap. 86.

Take Damascus, and pick them well with a knife or pinne, then
take clarified Sugar, as much as you thinke will serbe, and then you
must boile it till it be as thicke as Birdlime. Then boile your

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Damaskins in the clarified Sugar till they be soft: then take them up, and put them in a Glasse: then you must boile the sirrop, till it be as thick as the other was, before you put in the Damaskins, and so cover them close.

A water for the face, vsed of Gentlewomen.
chap. 87.

Take Goats milke two pound, fine Flower halfe a pecke, the whites of thze Egges, and make it from paffe to little loaves, and bake it, but not too much: then take more of the said Goats milke, and crumme of the crummes of your bread into it, let it steape all night, and wipe your face with a dry cloth, and then wash your face with the said milke, and in using this, it will make the face shine as white as snow.

Another to make the face faire.

Take the hearing of Scarlet, foure ounces, the whites of two new laid Egges, white wine two pound, Rosemary flowers, oz Rosemary it selfe, and seeth it oz still it, but if you seeth it, scum it clean, and when it is cold, use it, and it will make the skinne looke smooth.

Another to remove high colour
in the face.

Lemons laid in Buttermilke, is an excellent means to remove high colour in the face.

A water for heat in the face, and breaking out
with pimples. chap. 88.

Take Allum glass two pound, the iurce of Plantin, Pursian Mer-iurce, of each halfe a pound, the whites of twenty Egges, beat them and mix them, and distill them: which water destroyeth chaffings, heats, pimples, wheales and scurfes whatsoeuer they be.

To know whether a woman shall ever conceive
or no. chap. 89

Take

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Take the Urine of a Mare, and having frayed and consumed it in hot water, give it the woman to drinke in the morning at her breakfast, and let her stand in a hot Bath: and if there come a grieve or paine in her belly, she may conceive, if not, she shall never conceive.

To make a barren woman beare children:

chap. 90.

Take of those little sea-fishes, called in Latine Polipi or Polipodes, and roast them upon the Embers without Oile, and let the woman eat of them, and it will profit and helpe very much, having in the meane time the company of a man.

To make a woman have a quick and speedy deliverance of her children, without paine, or at least very little.

chap. 91.

The leaves of Bittony and stamps them, or else make powder of them, and give the woman that laboureth, to drinke of it with a little water, and she shall be delivered incontinent, without any great pain or labour.

To stop the running of the Reynes five severall

wayes, chap. 92.

Take Venice Turpentine washt in red Rose-water, seure ounces, a Nutmeg, Plantaine seed, a yellow Amber-head, of each alike, with like quantitie of Cinamon, and powder of Comfrey roots, which being mingled, rose of Turpentine in the powder, and make it into five Pills as big as a bean, and take them in a spoon with sirrop of Rubarb, three in the morning, and three two hours before supper and it will help it.

Another for the running of the Reynes.

Take Burnegs halfe a pound, and bruse them in a morter, and kneade them in dough and bake them, which bread is very healthfull.

Another speciall way approved.

Take Hazel-nuts, well pilled or blanched, two handfull, Sink-faine and knotted grasse, of each a handfull, foure Campfire leaves: stamp the beads, and straine out the juce into two pound of Mus-

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cadell: then beat the Butternells as final as you can, and put them in: Also take an Amber head, and beat it to powder very fine, which being put into the wine to the rest, stir them altogether a good while: then seeth it until it come to a pound and a little more, and drinke the one halfe in the morning, and the other at night, making a very light supper.

Another for the same.

Rip and Clarie, fyled with the yolks of three or four Eggs, and taken every morning, is very good.

To strengthen the seed chap. 92.

Take Succory, Endive, Plantin, Violet flowers and the leaves, Clary, Sorrell of each halfe a handfull, with a piece of Mutton, make a good broth, and to eat it evening and morning is special good.

For the gnawing in a womans stomacke. chap. 93.

Take a good handfull of Spérmin, and a handfull of Worme-wood, and heat a rife Stone, and lay these two things on it, and make a little bag, and when the hearbs be hot, put them in the bag, and so lay them to her stomacke.

For an Ague in a womans brest. chap. 94.

Take Hemlock leaues, and fry them in sweet Butter, and as hot as she may suffer it, lay it to her brest, and lay a warm white cotten, and it will drive it away in a short space.

For breasts that be sore with milke
chap. 95

Take Linseed Oile, and Wax, melt them, and wet a rag therein, and lay it to the best warm, which will dry with the milke.

For a forebrest. chap. 96.

Take bean flower two handfull, bean, powder of Fengericke, of each a handfull, white Vineger a pound, three spoonfull of honey, and three yolks of Eggs, seeth all till it be thick, and lay it warm to the brest, which will both break it and heal it, alwayes crushing out the matter when you shift it.

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To keepe a womans brest from breaking.

chap. 97.

Take Sage, Marigolds with the black seed, and the sharpest nettles, of each halfe a handfull, bruisse them together, and lay it to, which will keep it from breaking.

For the brests broken or nor.

Take oile of Roses: beemflower and the yolke of an egge with a little Wineger, set it on the fire till it be luke-warm, then with a feather anoint the place.

For the unmatrall heat of the Liver. chap. 98.

Take Wozage, Buglosse, Succory, Violets, Furnitoy, young Pop-buds, fennel-buds, of each a quarter of a handfull, young Wallowers, and spercury, of each halfe a handfull, boile these in a pottle of beere, and strain them.

For the Canker in the mouth

chap. 99.

Take half a pint of Ale, and a spig of Rosemary, & scath them all together, and strum your Ale, & then put in a piece of Allum, as much as a nut, and a spoonful of honey, and two spoonful of Bonifuckle water.

To make the face faire, and the breath sweet.

chap. 100.

Take the flowers of Rosemary, and boile them in white wine: then wash your face with it, and use it for a drink, and so shall you make your face faire, and your breath sweet.

To make haire as yellow as gold. chap. 101.

Take the rine or scrapings of Kudarde, and steep it in white wine or in cleare ale, and after you have washed your head with it, you shall wet your haire with a sponge, or some other cloth, and let them dry by the fire or in the Sun. After this wet them, and drie them again, for the oftner they do it, the fairer they will be, without hurting your head any thing at all.

To drive away all venomous beasts from your

house. chap. 102.

Take Juniper, the seed of Agnus Castus, the Shells of ribber Creustes, Varts boque, the grease or suet of a Bucke, Beere or toben Cresses, Megantie and bittanie: make of all these drugs a daugh or paste.

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paste. and when you will use oz occupie it, burne it, for to breas the
smoke thereof goodly, the beasts will both stoope.

Against all poyson eaten and drunken.
chap. 103.

Having knowledge that any man is poysoned, the chiefe remedie
is to make him vomit the poyson, in gicing him Oyle. Mitheluke-
warne to drinke alone, oz mixt with warme water. And if you have
no Oyle, gibe him Butter with hot water, oz with the decoction of
Alinded, oz the seed of Nettles, oz of Semicrecum: and all these
things purge the venome as well down-ward as upward. After ha-
ving made him vomit divers times, you must purge him with sharpe
Clisters down-ward. Then gibe him water mixt with honey, and al-
so old wine enough to drinke. But if you can get good Treacle oz
Spiribdate, they are the principallest against poysons, with Terra
Sigillata, Acorne Shells, and gibe it him in good wine. Let his meat
be fat flesh of old Beasts, and fat fowls especially of Wens and fat fish,
and let them not sleepe. And in continuing with this meanes, he shal be
delivered by the help of God.

To drive away Lice. chap. 104.

Take Incense, and the Lard of a Barrow hogge, properly called
Barrowes greace: boyle them together in an earthen pan oz pot lea-
ded, and with this ointment rub and annoint the place where the
Lice be.

How to make a soveraigne water, that M. Doctor Stephens Physi-
cian, a man of great knowledge and cunning did practise, and
used of long experience: and therewith did very many cures, and
kept it alwaies secret, till of late a little before his death,

Doctor Parker, late Archbishop of Canterburie, did
get it in writing of him. chap. 105.

The Receit.

Take a gallon of good Sack wine, then take Ginger, Galin-
gale, Camomile, Cinamon, Nutmegs, Graines, Cloves, Pace, Ani-
seeds, of ebery of them a dramme. Then take Sage, Spint, red Ro-
ses, time, Bellit dye of the wall, wilde Marjorum, Rosemarie,
Penny

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Penny mountaine other wise called wilde Time, Camomile, Lavender, and Abens, of ebery of them one handfull : then beat the spices small, and bruite the herbs, and put all into the wine, and let it stand twelbe houres stirring it diuers times. Then still it in a Limbecke, and keep the first pint of the water, for it is the best : then will come a second water, which is not so good as the first:

The sundry vertues and operations of the same
many times approved.

The vertues of these waters be these : it comforteth the spirits, and preferbeth greatly the youth of man, and helpeth the inward diseases comming of cold, against shaking of Pulse : it cureth the contract of sinewes, and helpeth conception of women that be barren : it killeth the worms in the belly. It helpeth the cold Cough, it helpeth the toothache, it comforteth the stomache very much, it cureth the cold droppe, it helpeth the stone in the bladder, and in the reins of the back : it cureth the canker, it helpeth shortly a stinking breath. And who so useth this water eber anon and not too oft, it preferbeth him in good liking, and shall make one seeme young very long. You must take one spoonful of this water fasting, but once in seven daies, for it is very hot in operation. It preferred Doctor Brebens, that he liued fourscore and eighteen yeares; whereof ten yeares he liued bedged.

To make a water that taketh off all staining, dying and spots from the hands of Artificers, that get them by working, and maketh them white and faire. It is good for them that be Sun-burned.
chap. 106.

Take the juce of a Lemmon, with a little Bay-salt. and wash your hands with it. and let them drie of themselves : wash them againe, and you shall find all the spots and staining gone. It is also very good against the scurffe or scabs.

To heale all manner of inflammation, and evill disposition of the aire, lepry faces, great swollen legs, or inflamed hands. chap. 107.

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Take flower, of Amillum made of Barley, which ye shall easily find at the Apothecaries, and steepe it halfe an houre in common water, then straine it, and put it into another new pot that is cleane and neat, putting to it a few Mallows, Succorie, Poppea, Cardus and Borage, and steepe all these together untill it be dissolved, and adde to it an ounce of Sandall, and then straine all, and take a linnen cloth, as much Cassia extracta as will goe into two nuts, and put it within the said linnen cloth with the Cassia, while the water is hot, pressing it so hard betwene your two fingers, that the substance of it may go into the water, then put to it Sugar of Pennies, as much as you will. Of this drinke (which is of very amiable savour) you must take from day to day a little glasse full in the morning, lying in your bed with your breast upward, then laying some linnen cloth upon your stomach, sleepe if you can, and take of it also after you be up, and have done your necessary: the which doing, you shall finde your selfe very well healed in few dayes. But here note that this must be done in the Summer, and not in the Winter, and he that hath his stomacke very cold, may weare before his breast some peece of Scarlet, or other cloth, and sometime against his stomacke with an Oyle made for the weaknesse of it, the perfect composition whereof we will put hereafter.

A singular ointment which healeth all burnings with fire, not leaving any skarre where it hath been.

chap. 108.

Take the white of two Eggs, two ounces of Tuna Alexandrina, two ounces of quicke Lime, washed in nine waters, an ounce of new Malt, with as much Oyle of Rose as shall suffice, and make thereof an Oynment, which ye shall finde very good for this that we have spoken of.

To draw an arrow-head or other iron out of a wound.

chap. 109.

Take the juce of Malerian, in which ye shall wet a tent, and put it into the wound, laying the said bearde stamped upon it, then make your binding or band as it appertaineth, and by this meanes you

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you shall draw out the Iron. And after heale the wound accordingly as it shall require.

For him that hath a bunch on his head, or that hath his head swollen with a fall.

chap. 110.

Take an ounce of Bay-salt, rawe honey three ounces, Commin three ounces, Turpentine two ounces, intermingle all this well upon the fire, then lay it abroad upon a linnen cloth, and make thereof plaisters, the which you shall lay hot to his head, and it will altogether assuage the swelling, and heale him clean and neat.

To know what time in the yeare herbs and flowers should be gathered in their full strength.

chap. 111.

Medicines are made divers and sundry wayes, some by leaves, some by keds, some by roots, some by hearbs, some by flowers, and some by fruits. Such leaues as are put in medicines, should be gathered when they be at their full waxing, ere that their colour be changed, or that they fade any thing.

Herbs when they fall be full ripe, and the moistnesse somewhat dried away.

Flowers should be taken when they be fully open, ere they begin to fade.

Herbs should be gathered when they be full of sap, and ere they shrink.

Roots should be gathered when the leaues fall.

Fruits should be taken when that they be at their full growth, or when they fall, and the heavier the fruit is, the better, and those that be great and light in ponderation, chuse not them, and those that be gathered in faire weather, be better then those that be gathered in raine. And those herbs that grow in the fields, are better then those that grow in towne and gardens, and those that grow on hills in the fields, are best for medicines, for commonly they be less, and not so fat, and have more vertue.

Many Herbs there be that have speciall time to be gathered in: and if they be gathered in that time, they have the full vertue, to

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their property or else not so good. Some do helpe whensoever they be gathered, and some are naught, if they be gathered out of time: therefore marke well what I teach thee.

Bittonie should be gathered principally in Lammas month, with the seed and the roots, and without any Iron tooke, and it must be dried in the shadow: for Medicines it may be gathered other times, but evermore it is the better, if it be gotten without iron, and it must be gathered before the Sun-rising.

Swinesgasse may be gathered when it pleaseth you, in time of need

Cammomill should be gathered in April.

Pellitory should be gathered in June, before the Sun-rising.

Red Dock should be gathered when they need daily,

Longe beef must be gathered in June and July.

Penitwort must be gathered in the beginning of winter.

Germander should be gathered in Lammas month.

Dragans should be gathered in June and July.

Columbine in Lammas month.

Addertong must be gathered in April.

Pedelson when thou wilt.

Groundsil alwaie after midday.

Waltworth, when it pleaseth you, without iron.

Violet should be gathered in the month of March, and in this month should Violets be put in sugar and sirrop.

Roses should be gathered in April or May, and of them should be made Sugar-roset in sirrop of Roses, and in the same month should oile be made of Cammomill.

Rosemary flowers should be gathered in May.

Pentory when it beginneth to flower.

Organum in the month of June.

Pollequi should be gathered the fiftieth day of August, before the Sun-rising, without iron.

Harts tongue should be gathered before day in November.

Aristologia should be gathered the same time.

Carlike may be taken when you need for Medicines.

Wilde Carlike should be gathered when it flooreth.

Gourds should be gathered in the end of September, when they be

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be ripe, and dried where the Sunne may be all day.

Wild Red berries should be gathered when they wax yellow.

Cucumber should be gathered when the fruit is ripe, and the fruit should be laid under Ashes, where the Sunne may not have all his strength on it in a moist place, that it may rot, for then the seed shall be good and full of kernels.

Citrull when the fruit is ripe, and dried in a dyle place in the Sunne.

Calamint should be gathered when it is flowreth, and dyle it in the shadow, and it will last a yeare.

Saffron should be gathered before the Sun arise.

Godur, that groweth among Flax, should be gathered when he be ginneth to flowre, and it may be kept 1200 years.

Cleber should be gathered in harvest time.

Fennell seeds should be gathered in the beginning of harvest, and two years they may be kept.

The roots of Fennel should be gathered in the beginning of the year, and two yeeres they are good.

Baldronney, that some men call Gentian, should be gathered in the last end of the year, and four yeeres it is good enough.

The root of this herb is used, and how thou shalt know him is this, that he be very bitter, the lesse bitter, the worse.

Also looke that it be white, whole, and not hollow within, but sad, and not brittle, nor full of powder.

Calligale is called in Physick Lycopus, it may be taken at all times when you will, but best it is in the end of Mer: and three dayes it must be laid in the Sun, and so be dried, that the moisture rot it not, and then you must keep it in the shadow.

Flower de luce should be gathered in the end of Mer, and dried in the Sun, and it will last two yeeres well.

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Here follow the sundry vertues of Roses, for divers
Medicines, chap. 112.

Roses be cold and moist in two degrees: It hath these vertues, stamp it and lay it to a sore that burneth and aketh, and it shall cease both the burning and aking.

Also it is good for the feaver in the stomache, and against all evils that are generated in hot humours.

Also, let any woman drinke it with wine, and it shall forthwith cause her to restrain bleeding, and help the marrotes of the wombe.

Also make oyle of Roses, and that is a principall secret for prick-
ing in flintes, and the water thereof is good for sore eyes, and for
hot ebils, and the oyle is good for the headache to annoint therewith
the temples, and the root of him is good to drinke forth from of other
things in a mans foot, and the red Rose is much better then the
white.

The sundry vertues of Lillies.
chap. 113.

Lillies are cold and dry in the third degree, and as saith Galen, that
hath so fasteth the leaves in water, it is a noble plaister for frowes
that are thogined, and it is good for all manner of burnings and
scaldings.

Also, when the leaves and roots are sodden in old wine, and tem-
pered up with honey, it is a profitable plaister, for sicknesses that are
barben. Also the water and the iuyce is good for to wash the brislers, and
to take away the freckles on mans visage or womans: and the root is
good to ripe therewith boches, and for to break them.

Of sundry vertues of Milfoyle.
chap. 114.

Milfoyle is hot and dry in the second degree, it is good to stanck the
bloody flux, and the iuyce thereof healeth the biting of a red hound: and
if it be sod in red wine, drinke it, and it slayeth wormes in the
wombe, and it softneth the hardnes in a mans wombe, and helpeth
the Jaundise and dropsie.

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And take the hearbe and stampe it, and temper it with Vineger, and it will doe away blood in wounds, and it will cease the tooth-ache when it is chewed fasting. Also it is good for the stinging of an Adder, when it is sodden in wine, drinke it, and lay the substance thereto, and it will draine the venome out of the soze.

The sundry vertues of Rosemary. chap. 115.

Rosemary is hot and drie: take the flowers thereof, and put them in a cleane cloth, and boile them in faire cleane water, until halfe be wasted, and coole it, and drinke that water, for it is much worth against all manner of evils in the body.

Also, take the flowers, and make powder thereof, and binde it to the right arme in a linnen cloth, and it shall make thee light and merry.

Also, eat the flowers with honey fasting, with sowe bread, or else with other bread, and there shall arise in thee no chill swoelling.

Also, take the flowers, and put them in the chest among thy cloth or among thy books, and moths shall not destroy them.

Also, boyle the flowers in Goats milke, and then let them stand all night under the aire covered, and after that give him to drinke thereof that hath the Wiffche, and he shall be holpen.

Also, if there be any man that is rammage, take the flowers, and leaves a great quantity, and boile them together in a good quantity of cleane water, in that Patient Walneut, and it shall heale him.

Also, boyle the leaves in white wine, and wash thy face therewith and thy beard, and thy eyebrows, and there shall no coze spring out, but thou shalt have a faire face.

Also, put the leaves under thy bed, and thou shalt be delivered of all chill dreames.

Also, breake the leaves to powder, and lay it on the Canker, and it shall kill it.

Also, take the leaves, and put them in a wine vessel, and it shall keepe the wine from all sowzenes and chill labours: and if thou wilt sell thy wine, thou shalt have good speed.

Also, if thou be sicke with untyme sweat, boyle the leaves in cleane

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cleane water, and wash thy head therewith, and thou shalt be delivered from that evil.

Also if thou hast lost appetite of eating, boile well these leaves in cleane water, and when the water is cold, put thereunto as much of white wine, and then make therein a sop: eat thou thereof well, and thou shalt restore thy appetite again.

Also, if thou have the Flux, boile the leaves in strong Cyzell, and lay them in a linnen cloth, and binde it to thy wombe, and anon thy Flux shall be withdrawen.

Also, if thy legs be blown with the Gour, boile the leaves in water, and then take the leaves, and binde them in a linnen cloth, and bind it about thy legs, and it shall do thee much good.

Also, take the leaves, and boile them in strong Cyzell, and binde them to thy stomache in a cloth, and it shall deliver thee of all evils.

Also, if thou have the cough, by stirring, or by any other way, drink the water of the leaves boyled in white wine, and ye shall be whole.

Take powder of the rinde of Rosemary, and drink it, and if thou be in the palse, thou shalt be delivered.

Also, take the timber thereof, and burne it in coales, and make a powder thereof, and then put it in a linnen cloth, and rub thy teeth therewith, and if there be any woormes therein, it shall kill them, and keep thy teeth from all evils.

Also, if the weed make a boxill to smell thereto, and it shall keep thee youngly.

Also, make thereof a barrel, and drink thou of the drink that standeth therein, and thou needst not dread of any evil being therein: and if thou set it in the field, or in thy Garden, keep it honestly, and it shall bring forth much increasing of it selfe.

And if a man have lost his smelling of the aire, that he may not drabe his breath, make a fire of the weed, and bake his bread therewith, and eat it, and it shall keep him well.

Also, a man that hath the Gour, take Oyle of Roses, and the yolke of an Egge, and the flowers of Rosemarie, and meddle them together, and do it to his soze, and he shall be holpen.

How

of hidden Secrets.

For to make a speciall soveraigne water, which is of three colours, and it is called the mother of all waters, which is very excellent to cure the canker, the pocks, or leprolie, or any other kind of superfluous humours, or any sore old or new, and it is thus made.

chap. 116.

Take Turpentine four pound, of Frankincense, Spasick, of each two ounces, Mallowes Spasick, Dates bones, Labdanum, Castoreum, roots of Biranle, roots of Gnula Campana, of each two ounces, distill them in a Limbeck of glasse, with a soft fire. The first water is clear: the second water is yellowe, and swimmeth above the other: the third water is redbish like Rosin, and when it beginneth to be red and thicke like honey, then beginneth the third water. The first water burneth like a Candle: the second water curdeth like milke, and if you put one drop of the third water into a cup of drinke, it goeth presently to the bottoome, and there will it lie an hours space, and then mount up to the top, as true Balam doth: and with this water, if you wash your face twice a day, and chiefly your Rosin, it cureth the rhums descending from the braine, and clarifieth the sight. And if you wet a linnen cloth in this water, and lay it to any sage legge or arme that hath dead flesh, it will cleave it, and dribe away the ache, within six houres space, and it consumes all Apostumes, Ulcers, Fistules, Bunkies, Emroids, and healeth all greiv wounds. And if ye dip a linnen cloth therein, and make it six fold, and lay it to the noddle of your necke, it healeth the Palfie: and so likewise it cureth the Gout, or any sinew that is broken together therewith, bathe it three or four times together warm.

The water that is of the colour of blood, is of such vertue, that if a leoprous man or woman use thereof fifteen dayes together, half a spoon full every day, he shall be healed.

The first water is of such vertue, that if it be put in a fresh wound, it healeth it in four and twenty hours, if it be not more mortal.

And it healeth all kind of cankers, coppers, Noli me tangere, with in fifteen dayes, if you wash them with the said water every third day,

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day, and if you make rags of cloth, and dip it in the same water, and lay it upon a plague soze, and drop one drop therein, and it mortifieth the malignity thereof, and that shortly. And if you drop one drop in the eye, that hath a pearly, or is halfe blind, it will recover it in eight dayes without any paines : and if you drinke a spoonfull of it with white Wine, it will recover the Strangury or diffire within six hours, and breaketh the stone within two hours, whether it be in the reins or in the bladder. The water that hath the colour of blood is most precious, it comforteth the weak member, and preferbeth the body from all diseases, and purifieth rotten blood, and healeth all diseases of the spleen, and keepeth away the Gout, and causeth good digestion, it purgeth cold and rotten blood, and putteth away ill humours, and healeth all agues. This water must be used from the moneth of November, to the moneth of April, and you must take but half a spoonful at once, noz oftner then once a weeke.

The manner to make this water, ye must have a Glasse a cubite high, and fill it with Aqua vitæ made with Wine, and stop it well, then put it in horse dung, so that it be not moist, noz too wet, lest the glasse break, and you must leave the neck of the glasse without in the aire : that Glasse through heat of the dung will boyle soze, so that the water will ascend to the neck of the same, and descend againe to the bottom through the aire, and so let it stand thirty dayes, then take out the glasse, and put these things following in the water, and stop the mouth that it breath not out, and so leave it in eight daies.

Last of all, put the Glasse in Balneo Mariae with sand, setting on a head with a receiver, well stopped, and make a soft fire, and gather the first water that drops cleare, but when you see the second water turne into red colour, change the Receiver, for then beginneth the second water to come, and that will keepe well in a Glasse well stopped.

The Spices that goe to this water, be these, with the herbes, Cardanum, Cloves, Summeys, Ginger, Galingale, Zedoaire, Pepper, Spikenard, Laurell berries, Smallege seeds, Mugwort-seeds, Fennell seeds, Annis-seeds, Flowers of Bassil, Elderne flowers, red Roses, and white, Lignum Aloe, Cubibes, Cardanum, Calamus Aromaticus, Sassa, Germaner, Frankincense, Turmentill, Juniper, Cyrtomonie, Sentoze, Fumitorie, Pempersell,

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nell, Wandelian, Cufrage, Cardibe, seeds of Sorrell, yellois Sanders, Fetherfoz, Aloes, Spatich, of each two ounces, Kubari two ounces, dy Figges, Keasins, Dates without stones, sweet Almonds, of each two ounces, Aqua vita, to the quantity of them all, that is, for one pound of Ingredience, foure pound of Sugar, two pound of honey. This water is called, The mother of all waters.

A perfect way to cure the loathsome disease of the French pocks, paines in the loynes, lameness of limmes, paleness of colour, loathsome scabbies, or any other filthy disease proceeding of superfluous or evill humours, as also to assuage over-grosse and foggie fat bellies, and that without danger.

chap. 117.

First, it is needfull to provide for the sicke bodie a close and cleane Chamber out of all grosse aire, and cleane warme garments, both for body and legges, and at rising and going to bed, a fire of Charcoales, for wood is not so wholesome for smoking: also, they must not be troubled with any thing to bring them out of patience, for that corrupteth the blood, which must be new altered: also the sicke body must eat but little meat, and that kind of meate as shall hereafter be prescribed, and at such time as shall be appointed, and let the sicke body use playing on instruments, or heare some playing, or tell merry tales, and let him have no company of any tooman, for that is a most dangerous poison for the health of any person in that case.

Secondly, you must prepare two brasse pots or else iron, one being four Gallons, the other six Gallons, one for strong drinke, the other for small drinke.

Also, you must have close covers to them of brasse or iron, you must also prepare certaine good earthen vessels, with close covers, to keepe your drinke in, of both sorts by themselves. Moreover, you must have a strainer, of a searcloth, to straine your drinke after it is decocted, Instruments to take out the dead flesh, and to
search

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search a foze and a spring to cleanse any soze being deepe, with the same drinke. Also you must haue a wooden bessel to bathe the sicke body in, at such times as hereafter shall be appointed. Also you must prepare clean clothes to drye the sicke body after a sweate, being warmed well first: other instruments you shall need none, but onely your wood scraped small or turned, and the barke of the wood pounded in a moztar, and the bzugs also small, and pour water which you shall decoct, the same must be of a good Conduit or running bech, very clean without any kind of filth. **C**haeke water is good.

Thirdly, for your strong drinke, you must take your pot of foure gallons, and set it on a fire of coales, with the four gallons of the faire running water, then put into the same one pound and a halfe of your wood, small scraped, or turned at the Turners, but when you doe buy your wood, see it be not old, and lack moisture: this triall is best; Take a little coale burning, and lay it on the block before it be rased, and if it be good, it will boyle upon ebery side of the coale like spirrbe: Then put thereto an ounce or a little more of the barke of the same wood made in small powder, then take a quarter of a pound of Cummin seeds put whole in the same, and one halfe quarter of an ounce of Anise, and Kubarb, and then stop your pot fast, and lay paste about the cober, and so fast, that no aire come out, then seth it on a soft fire, but eber heepe to boyling, and let it boyle at the least eight hours, then set it by, and unstop it not untill it be cold, then take your Bearce, and straine it into a saue earthen pot, and cober it close. The sicke body must drinke of this but one draught like warme, in the morning, and one other at night.

Fourthly, you must take your pot of six gallons, and put in it six gallons of running water, and one pound of the wood rased, and a quarter of Cummin-seeds, and decoct it in all kind of things ehen as the other, being close stoped, and when it is cold, straine it into an earthen bessel or bessels, and that must the party drinke at meale, and at other times when he list to drinke, and spare not, but drinke it by.

Fifthly, the sicke body must be kept very warme, and not rise out of bed before eight of the clocke, and then eat a dozen or twenty Treasins of the Sun, and no bread, but a draught of strong drinke warme,
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and about eleven of the clocke, let the sicke body eat a little meat, as may suffice nature, and what meat, it shall be hereafter shewed: then let the sicke body walk some while in his chamber, or read some booke, or play on instruments, to keep him from sleeping: then at six of the clock at night, a dozen of Rastins of the Sun, and nothing else but a draught of strong drink warmed.

Sixthly, give to the Patient to eat, these meats following, Chicken, Partridge, Pheasant, Ven, Capon, Rabber, Conny, Weale, SUTTON, and none other, nor any salt nor leavened bread, nor Rie bread, and very seldom roasted, but boiled in water, and no Broch nor Potage, nor any kind of sauce: if the sicke body have roast, let it be but ebery third meale, and no kind of fish, milke, or fruits, Rastins, excepted.

Seventhly, Once in three dayes, for the first nine dayes in the morning, let the sick body drinke a good draught of the strong drink somewhat warm, and then lay very many clothes on him, till he sweate, for the space of two hours: then ease some of the clothes, and having warmed linnen clothes, and rub all the body drie ere he rise, if he have any sores that be deepe, wash the sores with strong drinke, and with a scarce; and drye a little cloth in the strong drinke, and lay it to the sores, whether be sores or knobs.

Eighthly, after nine or ten dayes be past, once in three dayes let the sicke body be bathed on this sort. Set faire running water on the fire, and put thereto a great deal of ground, Ivy-leaves, and red Sage, and Fennell also, and by a good fire, when the sick body is going to bed, put the water and herbs into a bessel of wood, and let the sick body stand upright in it by the fire, and take up the herbs, and rub the body of the sicke Patient down-wards, and then dry him with warm clothes: use this three weekes, and by the grace of God, the sick body shall be made whole, whatsoever he be: then if the party be very weak, after nine or ten of the first dayes, let him eat ebery day at four a cloke in the after-noon a new laid Egge poached in faire water, and as much new bread as may suffice nature, and a little clean wine. Use this diet with good regard, as before prescribed, and (by the grace of God) they shall be perfectly cured of their Diseases abave mentioned.

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The manner to make another kinde of diet drinke of stronger operation, for the same diseases, which by the practice onely of one man, hath done very great good, as well in the City of London, as in divers parts of the Realm.

chap. 118.

Take of the best Cuscutum, most beaby, and full of Gum, foure pound; let it be well rated with a Rape, or turned into fine chips by a Turner, and of the same barks two pound: of Cardus Benedictus, which is called the blessed Thistle, halfe a pound, of Maiden-haire, Cetrach, the flowers of wilde and Garden Buglosse, ana one pound, Sweet Cassia, six ounces, Anniseeds one ounce and a halfe, white Sugar six pound, cast all these into a wine bestell cleane and apt for the same purpose, upon which potoze of the cleanest and best white Wine that may be got, in quantity one hundred and fiftie pound, cober this bestell three dayes, then straine it thorow an haire cloth: then keepe it in a cleane bestell for the Patient at dinner and supper, but not to drinke it in the morning or evening. Besides the drinking of this Cuscutum at dinner and supper, the Patient may betwixen the times, as one houre before or after dinner and supper, drinke four or fife ounces. Also your aforesaid receipts may be put in cleane new white Wine or claret Wine, being fined and made in the prescribed manner.

Furthermore, the Patient that both the Pox, Dropsie, or Gout, may drinke among, this worthy medicine following, the dosse or quantity is two ounces or more, according to the age and complexion of the Patient.

Take Maiden-haire, cleane fresh Hops, Fumitory, Cetrach, called Applenun, Sene, of Alexand. of each three drammes, great Centaury roots, Liquorice, Polypody, wild and garden Buglosse, each foure ounces, Anniseeds, Nigella Romana, the flowers of Buglosse, the three Saunders, Cinamon, of each fife ounces, put this into 24 pound of the Cuscutum water, scdden after the description in the Compounds following: then put it in a close bestell, and stoppe the mouth, and when that is done, set the said bestell in another seething kettle upon the fire, so let it stand and seeth for twenty houres faire and

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and soke it, then straine it, and keepe it in a cleane close vessel for the use aforesaid: But if the Patient be full of humours, then do thus: take Sene Alexand. two pound, Succa Rosarum solatina, six pound, white Sugar seven pound, Kubard elected three ounces, finely cut, Turbit of the best one ounce, put these in a cleane Stone-pot with a narrow mouth: potoze into this Pot xxij. pound of the common Guaiacum water, made in manner in the compound following: stop your Pots mouth, seeth it in the foresaid manner upon a soft fire twentyfour hours until it come to a thinne sirrop, called Zelup. then straine it, and keepe this precious purging drinke for morning; the Dosse one ounce and a halfe, according to the age, complexion, and strength: the Patient must also eat bread three ounces, well baked like Bisket, and the flesh of Chicken, Pheasant, Capon, Partridge, Pheasant, small birds of the wood roasted, expell-fodden meats: and if the common drinke be too strong, then the Patient may potoze therunto some small cleare Wine, or Beere: let the Patient be merry, kept in a faire cleane Chamber, with sweet perfumes, not much fasting, but little and fine, with cleane warme apparel, and a fire with Char-coales, eschewing Greney, Walrus, Fish, grosse flesh, Pottage, and white meat: care, anger, cold, much heat; and by Gods helpe ye shall haue present remedie, whether it be for the Poroze to cleanse the reynes, or for them that be ober fat or foggie people, full of grosse humours, gotten with ease and feeding, and to rebate and allwaie their fogginess without hurt, but rather renew them (as it were) and make them seeme young. It helpeth also the Gout, Dzeppie, Sciatica, Canker and Limpney, and many other loathsome diseases, that proceed from ober-great aboundance of grosse humours, also for syreame paine in the ioynts.

The manner to chuse the best Guaiacum or
Lignum vitæ,

chap. 119.

OF this wood Guaiacum, there are three kinds: the first is black within, in the heart pale coloured, having in it russet lines, very hard and heaue. The other black within, but white without, having very small lines, is hard and heaue, and not so great as the first. The third is all right white within and without, having very small lines; and the heart of this wood is best, the arme of the Tree

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tree is better then the budy, the boughes nearer the fruit have the more vertue, warmnesse, and drynesse, then the lower parts of the tree, which are more grosse, and more earthly of nature: and the more unctuous the wood is, it is the better: the sap is not so good as the heart, neither the barke so good as the sap. But the white wood is sweetest, and most excellent in operation, and is *Lignum sanctum*, the holy wood. The barke of the straight young branches or boughes, being heavy and espire, moist, and without liness, hard compacted, be the best barke for the Pox. All these woods called *Guciaci*, have a Kozin, or matter like *Benjamin*, or pleasant Gum within the wood, which is the spirit or lively helping humour in decoction for the Pox, in the sinewes, beines, muscles, head, hands, feet, and the bones: Roshnesse is so sharpe and cruell to nature, but this precious wood heall both quickly and gently asswage the paine and grise of the same, if it be ministered accordingly in decoction: namely to them, whom either the Pox hath tormented, or else the Gout with intolerable grise.

A most certaine and approved remedie against all manner of pestilence or plague, be it never so vehement.

chap. 120.

Take an Onion and cut him aborthwart, then make a little hole in each parte, the which you shall fill with fine Treacle, and set the peeces together againe as they were before: after this, wrap them in a wet linnen cloth, putting it to roast, covered in the Ashes or ashes: and when it is roasted enough, presse out all the iuyce of it, and giue the Patient to drinke thereof a spoonfull; immediately he shall feele himselfe better, and shall without faile be healed.

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To make a sirrop of Vineger, good for many things,

chap. 121.

Take sharpe Vineger a pound and a halfe, Sugar two pound and a halfe, boyle it till it be a sirrop. It will digest Choler, Melancholy, and Flegme: it will make grosse humours thinne: openeth obstructions, proboketh Urine, expelleth naughtie humours: is good against all pestilent Feavers, cooleth and quencheth thirst, and keeps the body loose.

To comfort the heart, and take away Melancholly.

chap. 122.

Take the iuyce of Bozage foure pound, the floures of Bozage halfe a pound: let these stand infused in hot embers fourtene houres, then being strained and clarified, put to of good Sugar two pound, and boile it to a sirrop.

A sirrop to cleanse the Brest and the Lungs, the Cough and the Plurisie.

chap. 123.

Take Liquoris small sized and bruised, an ounce, Malden haire halfe an ounce, Hyssop two drammes, water two pound, let these lie mixt four and twenty houres, then boile it till the third part be consumed, then straine it, and put into the same of good honey, of Sugers pennet, and white Sugar, of each foure ounces, and Rose-water three ounces.

For spetting either of Lights or Lungs.

chap. 124.

Take the iuyce of Purslaine, and Plantaine, of each an ounce, red Corrall a dramme, and blood-stone halfe a dramme fine powdered, mixt together, use it.

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For wormes in young children. chap. 125.

Take Lupinus and make stozz of them, which kneaded with honey lay it to the stomacke of the child.

For the swelling of the Cods. chap. 126.

Take Mus stamp, lay it to the grieved place, and thou shalt have present remedy.

For him that cannot hold his water. chap. 127.

Take the small end of Daben leaves, and seeth them in Claret wine, being well beaten, lay it as hot as may be suffered upon the Pard in a plaiter fashion.

For the head-ach. chap. 128.

Take the juce of Marjoram, and put it into the Postills, and it will helpe you.

For the grieve of the stomacke. chap. 129.

Take Spick, Cloves, Nutmegs, of each a dramme, Sage and Cinnamon, of each halfe a dramme powdered: then take the bottom of a brone lasse roasted, and dipt in Palmesse, Brewing of the said powder upon it, lay it to the stomacke, and it is a present remedy.

For the Itch. chap. 130

Take unboughtt Butter, fresh Butter, Rose Vineger, red Rose-water, Whittstone finely beaten, and Cloves all boyled together: make an ointment, and use.

A Gargill for a fore throat. chap. 131.

Take white laine, Conduit-water, of each a pound, Koch Allum, halfe an ounce, two spoonfulls of honey, boyle all to a pound and a halfe, and use it three or foure times a day.

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A water for Scabs, Ulcers, and Pushees chap. 132.

Take Plantine water halfe a pound, water of Oranges foure ounces, Sublimate powder, an ounce, put all in a double glasse, or some other good vessell, and let it boile with a cleane fire, a quarter of an houre, and take it off, and keepe it in a cleane vessell, to which use thee or foure sundry times, and it will heale them.

To make a water to take out all spots of cloth of gold
and velvet. chap. 133.

Take raw red Arsnick, Marten Cudum, of each of them a like quantity, and when they be well brayed, powze some faire water upon them, and then putting the herb Chokefoyle to it, sett it unto the half, and then let it coole, and set it in the sun two houres: then wash your cloth in it, and let it drie in the Sunne.

To take spots of grease and oyle out of all sorts
of cloth, white or other,
chap. 134.

Take the water that pease hath ben sod in, and keepe your cloth to where the spot is in it, and then wash it in cleane Riber water, and drie it in the Sunne.

To take all manner of spots out of silke,
chap. 135.

Take the juce of great and round Mushrooms of a sharp tack, wet the spots in it the space of two hours, and then wash them with cleare water, and then let them drie.

To take spots out of cloth chap. 136.

Take cold lie, and lees of white Wine, made a little hot, and mix them well together. But you must take heed they be not too hot, and wash your cloth.

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A soveraigne remedy for the Cough.

chap. 137.

Take Whitestone beaten in powder halfe an ounce, and put it in a new laid Egge soft roasted, mingle it well together, then put to it Benjamin the bigness of a Zitch Pease, lightly stamped, and drinke it in the morning for your breakfast: Take as much againe at night when you goe to bed, and you shall be whole at the second or third time. But if the cough have holden you long, you must take it so much the oftner.

To keepe your Poultry from destroying with
Weasels. chap. 138.

Rub your Poultry with the juce of Rue or Verbe grace, and the Weasels shall doe them no hurt; If they eat the Lungs of a Fox, the Foxes will not eat them.

A briefe Treatise of Urines, as well of mens Urines as of womens:
to judge by the colours, which betokeneth health, which
sicknesse, and which death, chap. 139.

It is shewed, that in foure parts of the body dwelleth sicknesse and health, that is, in the wombe, in the head, in the liver, and in the bladder. In what manner thou must know the properties, and therefore of thou maist learne.

If a mans Urine be white at morn, and red before meat, and white after meate, he is whole. And if it be fat and thick, it is not good: and if the Urine be mranyspichke, it is good to like. And if it be thicke as Masse-pisse, it betokeneth head-ache.

Urine that is two dayes red, and the third day white, betokeneth very health.

Urine that is fat, white, and moist, betokeneth the Feather quartain.

Urine that is bloody, betokeneth that the bladder is hurt, by some rotting that is within.

A little Urine also fleshy, betokeneth of the reynes: who pisseth blood without sicknesse, hath some veine broken in the reynes.

Urine that is ponderous, betokeneth that the bladder is hurt.

Urine that is somewhat bloody of sicknesse, betokeneth great chill within the body, and namely in the bladder.

Urine that falleth by dropses above, as it were great bolnes, betokeneth

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tokeneth great sickness and long.

Womens Urine that is cleare and shining in the Urinall as silver, if she cast off, and if she have notalent to meat, it betokeneth she is with childe.

Womens Urine that is strong and hotte with sinking, betokeneth sickness in the reynes and in her secret receits, in her chambers full of evil humours, and of sickness of her selfe.

Womens Urine that is bloody, and cleare as water under, betokeneth head-ach.

Womens Urine that is like to gold, cleare and mighty, betokeneth that she hath lust to man.

Womens Urine that hath colour of stable cleansing, betokeneth her to have the feaver quartaine, and she to die the third day.

Womens Urine that appeareth as colour of lead, if she be with childe, betokeneth that it is death within her.

Hereafter follow all the Urines that betokeneth death, as well the Urine of the man as of the woman. chap. 140.

In a tobale Arie, one part red, another black, another grane, and another blue, betokeneth death.

Urine in tobale Arie, blacke and litle in quantitie, fatie and sinking, it betokeneth death.

Urine covered over all as lead, betokeneth prolonging of death.

Urine that shineth rawe and right bright, if the skine in the bottom be white not, it betokeneth death.

Urine thin in substance, having floating above, as it were a darke Skie, signifieth of death.

Urine durty, sinking, and darke, with a darke skie within, betokeneth a prolonging of death.

Urine that is of the colour of water, if it have a darke Skie in an Arie, it betokeneth death.

Urine that hath dregs in the bottom medled with blew, it betokeneth death.

Urine black and thicke, if the sickc loath when he goeth to the Wyllie, and when he speaketh obscuresly, or that he understandeth not aright, and if these sicknesses goe not from him, they betoken death.

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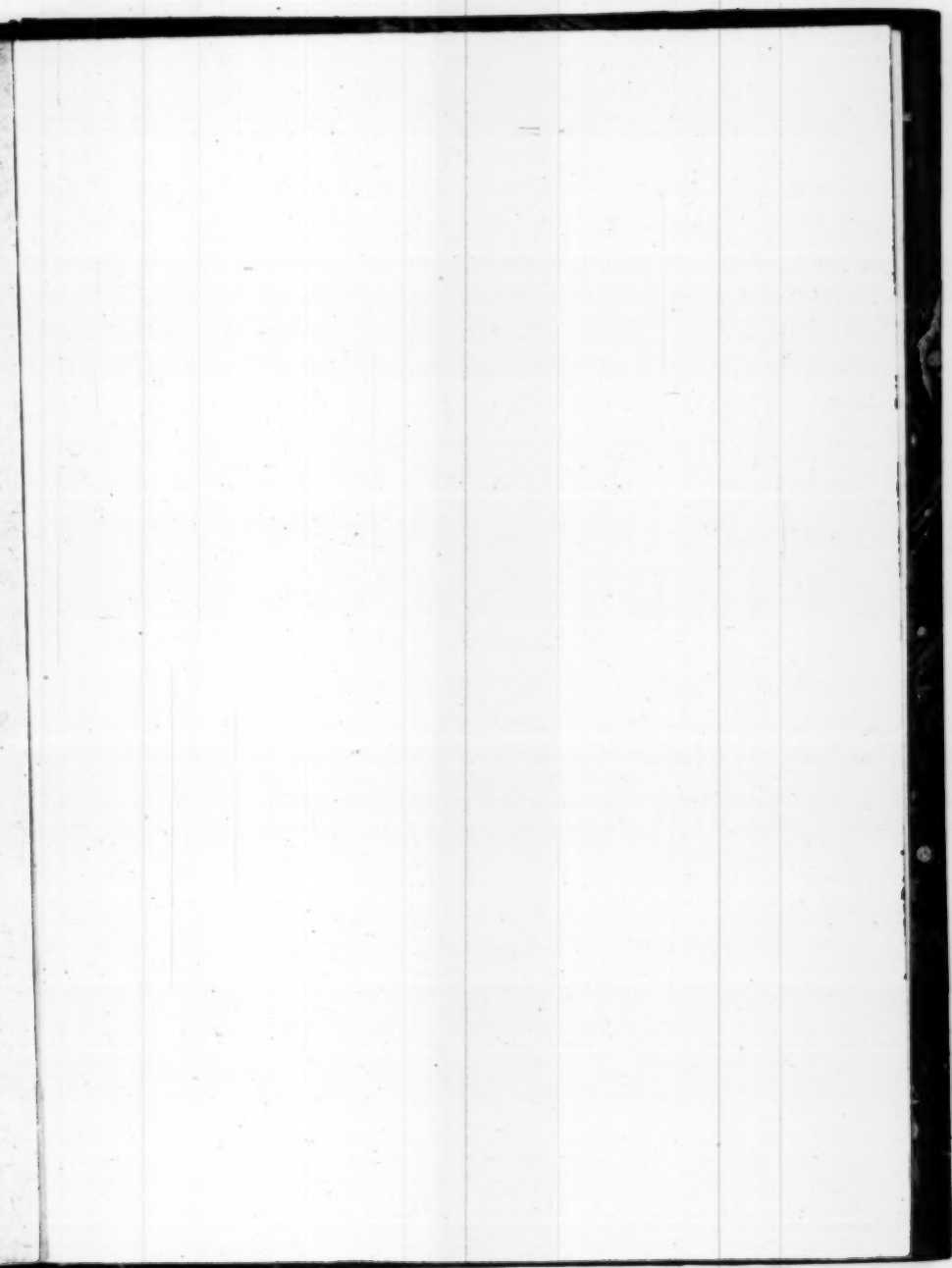
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To draw out an Arrow-head or other iron out of a wound.	109	A firrop to cleanse the brest and the lungs, the cough and the plurisie,	123
For one that hath his head swol- len with a fall,	110	For spitting either of Lights or Lungs,	124
To know what time herbs should be gathered in their full strength and vertue.	111	For wormes in young children,	125
The sundry vertues of Roses.	112	For swelling of the Cods	126
The sundry vertues of Lillies.	113	For him that cannot hold his wa- ter,	127
The sundry vertues of Milfoile.	114	For the head-ach,	128
The sundry vertues of Rose mary,	115	For griefe of the stomacke,	129
To make a soveraigne water of three colours, called the Mo- ther of all waters.	116	For the itch,	130
To make two of the best & usual sorts of diet drink, with the per- fect manner to cure the French pocks, and other loathsome and grievous diseases,	117, 118	A Gargill for a sore throat,	131
The manner to chuse the best Guaicum, or Lignum viræ.	119	A water for Scabs, Ulcers, and Pufhes,	132
A most certaine and approved re- medy against all manner of pe- stilence or plague, be it never so vehement,	120	To make a water take out all spots out of cloth of gold or vel- ver,	133
To make a firrop of vinegar good for many things,	121	To take spots of greafe and oyle out of all sorts of cloth,	134
		To take all manner of spots out of silke,	135
		To take spots out of cloth,	136
		A remedy for the cough,	137
		To keepe Poultry from destroy- ing with Weasels,	138
		A brieve Treatise of Vrines.	139
		To know Urines that betoken death,	140



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